

# The Atlantic Club Group Fitness Schedule

Effective November 27, 2018

MONDAY	
5:30	The Ride Susie (RC)
5:30	Advanced Training Joe (A)
6:30	Vinyasa Yoga 75min Jill (B) Level 2
7:30	Interval Training Rich (A)
8:00	Ripped Ride Kathy (RC)
8:00	Aqua Max 45min Barbora (IP)
8:30	Zumba@ Jane (B)
9:00	Hard Drive Susie (A)
9:30	Strong Step Kathy (B)
9:30	The Ride* Wendy (RC)
9:30	Aqua Fit Karen (IP)
10:15	Vinyasa Yoga 75min Mary S. (A) Level 3/4
10:30	Core & More Kathy (B)
10:30	Aqua Running Karen (IP)
11:30	Gentle Flow Yoga 60min Mary S. (B) Level 1
12:00	Active Fit Kathy (A) Level 1
4:30	Vinyasa Yoga 75min Lisa (B) Level 2/3
4:30	Body Pump Joe P. (A)
5:30	Boxing Skills & Drills 45min Rich (G)
5:45	Zumba@ Carly (A)
6:30	Core 30 Lorraine (B)
6:30	The Ride* Joe L. (RC)
6:30	H.E.A.T. Christine (G)
7:00	Redefine Lorraine (B)
7:15	Vinyasa Yoga 60min Megan H. (A) Level 3/4

TUESDAY	
5:30	20/20/20 Matt V. (A)
7:30	The Ride Deb (RC)
8:00	Pilates Mat Carol (B)
8:00	Aqua Max Lisa C. (IP)
8:00	Body Pump Kathy (A)
9:00	Walking Workout 45min Pat W. (OT)
9:00	Interval Training Barbora (G)
9:00	Body Pump* Kathy (A)
9:00	Vinyasa Yoga 60min Megan H. (B) Level 2/3
9:30	The Ride Susie (RC)
9:30	Aqua Fit Lisa C. (IP)
10:00	Tai Chi Cathy (A)
10:00	LeBarre Kathy (B)
11:00	Dancetone Margaret (B)
11:30	Kripalu Yoga 90min Shawn (A) Level 2
12:15	Active Fit Pat (B)
4:30	Vinyasa Yoga 90min Carrie (B) Level 3/4
4:45	Zumba@ Amanda (A)
5:30	Body Pump Karen (A)
5:30	Aqua Running + Christine (IP)
6:00	The Ride Wendy (RC)
6:15	Pilates Mat Grace (B)
6:30	Interval Training Lisa K (A)
7:30	Gentle Flow Yoga 60min Grace (B) Level 1/2

WEDNESDAY	
5:30	The Ride Joe (RC)
5:30	Vinyasa Yoga 60min Lisa (B) Level 2
5:30	Hard Drive Lisa K. (A)
7:30	Vinyasa Yoga 75min Carrie (B) Level 2/3
7:30	Interval Training Deb A. (A)
8:00	Aqua Tabata Karen (IP)
8:00	The Ride Barbora (RC)
9:00	Hard Drive Joe (A)
9:15	Kickboxing Karen (B)
9:30	Ripped Ride Kathy (RC)
9:30	Aqua Fit Sue H. (IP)
10:00	Interval Training Barbora (A)
10:30	Vinyasa Yoga 75min Mary S. (B) Level 3/4
10:30	Aqua Running Lisa C. (IP)
11:00	Flex 30 Lorraine (A)
11:30	Gentle Flow Yoga 60min Penelope. (A) Level 1
4:30	Cardio Core Monique (A)
5:00	Redefine Lorraine (B)
5:15	Aqua Max Renee (IP)
5:30	Core 30 Lisa (A)
6:00	Bosu Blast Susie (A)
6:00	Ripped Ride Kathy/Joe P. (RC)
6:00	Vinyasa Yoga 75min Margo (B) Level 3/4
7:00	Body Pump Joe P. (A)

THURSDAY	
5:30	H.E.A.T. Tom (G)
7:30	The Ride Karen (RC)
7:30	Body Pump Joe P. (A)
8:00	Vinyasa Yoga 60 min Margo (B) Level 2
9:00	Walking Workout 45min Pat W. (OT)
9:00	Interval Training Lisa (B)
9:15	Active Rhythm Margaret (A)
9:30	The Ride* Pat (RC)
9:30	H.E.A.T. Susie (G)
9:30	Aqua Fit Marge (IP)
10:00	La Blast™ Bernadette (B)
10:30	Body Pump Mary (A)
11:30	Restorative Yoga 90min Mary S. (B) Level 1/2
12:00	Active Fit Penelope (A) Level 1
1:15	Golden Beats Lorraine (A)
4:30	Vinyasa Yoga 90min Carrie (B) Level 3/4
4:30	Interval Training Rich (A)
5:30	Body Pump Joe P. (A)
5:30	Aqua Zumba Andi (IP)
6:00	The Ride Wendy (RC)
6:15	Pilates Mat Lisa K. (B)
6:30	Zumba@ Allison (A)
7:30	Gentle Flow Yoga 60min Jill (B) Level 1

FRIDAY	
5:30	The Ride Susie (RC)
5:30	Med Ball Joe (A)
6:30	Vinyasa Yoga 75min Jen (B) Level 2
7:30	Interval Training Lisa K (A)
8:00	The Ride Margie (RC)
8:00	Aqua Max Barbora (IP)
8:30	Roll & Release Pat (B)
8:30	Zumba@ Carolina (A)
8:45	Boxing Skills & Drills Rich (G)
9:00	Pilates Mat Pat (B)
9:30	H.E.A.T. RT (G)
9:30	Strong Step Kathy (A)
9:30	Ripped Ride Karen (RC)
9:30	Aqua Fit Diane (IP)
10:00	Classic BARRE Kathy P. (B)
10:30	Aqua Running Diane (IP)
10:30	Core & More Kathy (A)
11:00	Flex 30 Kathy P. (B)
11:30	Kripalu Yoga 90min Shawn (B) Level 2
11:30	Gentle Flow Yoga 60min Margo (A) Level 1
4:30	Body Pump Megan (A)
6:00	Vinyasa Yoga 60min Corrine (B) Level 3/4

SATURDAY	
7:00	Bosu Blast Susie (B)
8:00	Body Pump Joe P. (A)
8:00	The Ride Carol (RC)
8:00	Yoga STRONG Louisa (B)
8:30	Flex 30 Lorraine (C)
9:00	Aqua Tabata Christine (IP)
9:00	Core 30 Lorraine (B)
9:00	Zumba@ Carly (A)
9:15	The Ride Joe L. (RC)
9:30	Redefine 45min Lorraine (B)
10:00	Vinyasa Yoga 75 min Carrie (A) Level 2/3
10:00	Aqua Tai Chi Lisa C. (IP)
10:15	Interval Training Christine (B)
10:30	The Ride Susie (RC)
11:15	Gentle Flow Yoga 90min Penelope (A) Level 1/2

SUNDAY	
8:00	Pilates Mat *** Pat (B)
8:00	The Ride Stefan (RC)
8:00	Zumba@ Toni G. (A)
9:00	Aqua Challenge Diane (IP)
9:00	Body Pump Megan (A)
9:00	Interval Training Lisa (B)
9:15	The Ride Wendy (RC)
10:00	LaBlast Bernadette (A)
10:15	Vinyasa Yoga 75min Corrine (B) Level 2/3
10:30	Ripped Ride Joe P. (RC)
11:30	Restorative Yoga 90min Penelope (A) Level 1

## SYMBOL GUIDE

- (A) Aerobic Room A
- (B) Aerobic Room B
- (RC) Ride Center adjacent to gym
- (IP) Indoor Pool
- (OP) Outdoor Pool
- (C) Studio C
- (OT) Outdoor Trail
- (G) Gym 2nd Floor
- Hi Heat Yoga Class
- Online Registration  
Visit [www.theatlanticclub.com](http://www.theatlanticclub.com)

### Contact Info:

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### \*\*\*PILATES MAT:

4th Sunday of month-On Ball



**RIDE (Indoor Cycle) SIGN UP**  
To Set Up Your ZingFit Account

Go to: [bit.ly/taczingfit](http://bit.ly/taczingfit)  
Choose Sign Up

### TO BOOK A BIKE IN A RIDE CLASS

Go to: [theatlanticclub.zingfit.com](http://theatlanticclub.zingfit.com)  
Click on a Ride Class.  
Click on the icon again to reserve your bike.

**Download our app for the latest class schedules and updates!**

Search "The Atlantic Club" in your app store or scan the code below



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## CARDIO

**ACTIVE RHYTHM (60 min)** Fun choreography containing jazz, hip-hop & dance moves geared to both beginners & advanced. AL

**KICKBOXING (60 Min)** A blast of cardio in a 60 minute kickboxing class This choreographed, sweat-inducing, high/low workout offers intervals of upper and lower body conditioning to heart pumping and fun music. (AL)

**LA BLAST™ (60 Min)** An energizing dance fitness class blending the true skill of ballroom dance with the calorie blasting properties of interval fitness. This class keeps you engaged and entertained while learning the Tango, Rumba, Quickstep and more! (AL)

**STRONG STEP (60 min)** A high-energy low impact step workout w/ strength intervals. Burn calories & build strength. IA

**WALKING WORKOUT (45 min)** An outdoor fitness walking workout that will teach you how to work in your target heart range. Good for all ages and fitness levels! AL

**ZUMBA® (60 min)** A fusion of Latin and international rhythms with easy to follow move for a one of a kind workout! A dance class that is a high calorie burning and body energizing experience. AL

## INDOOR CYCLING

*Members new to Ride classes must arrive at least 5 minutes before the start of class for proper bike setup.*

**RIDE (60 min)** Bring the Ride inside with our exhilarating indoor cycle program. Heart rate monitors strongly suggested. IA ♥

**RIPPED RIDE (60 min)** A full body workout, takes your ride to a new level by incorporating light weights to maximize caloric burn. AL ♥

## CARDIO/STRENGTH

**ACTIVE FIT (60 min)** Stay active. Stay fit. A safe and effective cardio and strength class specifically designed to meet the needs of our mature exerciser. (AL)

**ADVANCED TRAINING (60 min)** This high energy class incorporates cardio & strength training. Includes sports conditioning exercises and calisthenics. (IA)

**BOSU BLAST! (60 min):** Balance, stability, core, cardio, toning... You name it, this class works it! BOSU training targets the whole body, works the core, and leaves you feeling great. Workout hard while having a BLAST! (AL)

**BOXING SKILLS & DRILLS (45 min)** A challenging athletic workout utilizing combination punching with heavy bags. BYO gloves. (AL)

**CARDIO CORE (60 min)** HITT training at its best with a focus on core strength (AL)

**CORE & MORE(60 min)** A total body strength class using the stability ball for core results. (AL)

**DANCE & TONE (60 min)** A gentle dance class which incorporates elements of strength and balance. (AL)

**GOLDEN BEATS (60 min)** Golden Beats combines traditional aerobic movements with the powerful beat and rhythms of the drums on a stability ball. It is a workout for the entire mind, body, and spirit and can be modified for any fitness level. (AL)

**HARD DRIVE(60 min)** Challenging strength and endurance workout with continuous movement that keeps your heart rate elevated for a sweat drenched session (IA)

**H.E.A.T (60 min)** Heat up your workout with this High Energy Athletic Training workout. This boot camp class will challenge the fitness enthusiast utilizing trx, kettle bells, battle ropes and more! (IA)

**INTERVAL TRAINING (60 min)** A full body workout concentrating on cardiovascular conditioning, muscle strength, and flexibility. (AL)

## MIND/BODY

**FLEX 30 (30 min)** A relaxing class designed to stretch all of the major muscles. (AL)

**GENTLE FLOW YOGA (60 & 90 min)** Revisit the basic principles in this reunion of mind and body. A practice of meditation in motion. This class will mindfully and slowly move you through simple postures. (AL)

**KRIPALU (90 min)** A 3-stage yoga that emphasizes mind/body awareness through postures, pranayama (breath work) and meditation in a compassionate environment. (AL)

**RESTORATIVE (90 min)** This gentle approach to yoga will help you experience the sense of renewed energy and peace. Blocks and straps will help you ease into comfortable yoga positions. (AL)

**TAI CHI (60 min)** Tai Chi is the ancient Chinese art of slow graceful body movements and meditative exercises. Tai Chi promotes the body's own natural healing and restorative abilities. (AL)

**VINYASA (75 & 90 min)** A class that incorporates traditional poses with breath that flows seamlessly from beginning to end. De-stress while enhancing flexibility and calming your mind. (AL)

**YOGA STRONG (60 min )** meditative stretching with strengthening benefits. (AL)

## STRENGTH

**20/20/20 (60 min)** High intensity concentrated workout! Lower Body 20 minutes, Upper Body 20 minutes, 20 minutes Core work. (IA)

**BODY PUMP (60 min)** The original barbell class to music, no step, no dancing. Pure strength training, real results, real fast. (AL)

**CORE 30 (15 or 30 min)** A concentrated workout specifically designed to strengthen and tighten the core. (AL)

**MED BALL (60 min)** A functional athletic strength workout utilizing the medicine ball and plyometric progressions (IA)

**REDEFINE (45 or 60 min)** A Total Body workout using various resistance props to help you achieve the ultimate fit body. (AL)

## WATER CLASSES

**AQUA CHALLENGE (60 min)** This class will challenge you with strength and cardio drills in both deep and shallow water. (AL)

**AQUA FIT (60 min)** Specifically designed resistance props and the water give an intense workout that is easy on the joints. (AL)

**AQUA MAX (45 min)** An athletic workout in the deep water with a flotation belt. It includes intervals of running, walking, cycling, and sprinting. Great workout without impact! (IL)

**AQUA TABATA (60 min)** This class follows the principles of Tabata in the water. The 4 minute intervals consist of 20 seconds of intense work with a 10 second recovery. (AL)

**AQUA TAI CHI (60 min)** The gentlest of the water combined with the fluid and graceful movement of Tai Chi. (AL)

**AQUA RUNNING (45 min) & PLUS (60 min)** Water is a unique medium for improving your cardiovascular efficiency, toning your muscles and increasing your flexibility. (AL)

**AQUA ZUMBA (60 min)** Blends the Zumba philosophy with less impact on your joints and added water resistance for one pool party you shouldn't miss! (AL)

**WATER CLASS RULES:** During water classes, at least 2 lanes are available for lap swim. Additional lap lanes will be added for lap swimming when there are less than 18 participants. Lane allocation will be determined 10 minutes after the start time of each class using this guideline:

3 lanes available: Up to 17 participants (Up to 15 in Aqua Tai Chi)

4 lanes available: Up to 9 participants

## PILATES/BARRE

**CLASSIC BARRE (60 min)** This total body workout fuses the elements of Ballet, Pilates and other muscle engaging exercises. Classic Barre brings you back to where it all started and will challenge all levels of fitness. (AL)

**LEBARRE (60 min)** Le Barre combines Balance, Agility, Resistance, and working Recovery. No muscle will go untouched in this full-body workout! (AL)

**PILATES MAT (60 min)** A series of mat exercises that improve strength, breathing, flexibility, and balance. Creates a long and lean body while keeping your powerhouse strong. (AL)

**ROLL & RELEASE (30 min)** Basic roller technique incorporating Pilate's stabilization and active muscle release. (AL)

## CLASS ETIQUETTE

- Be considerate of other Members' exercise space
- Keep conversation to a minimum
- Cell phone use is prohibited
- Classes with 10 or less participants are subject to change
- Appropriate athletic-wear is required
- Gym bags and purses should be stored in the locker rooms
- For your safety, athletic shoes only in the studios with the exception of Mind and Body classes
- No food in the studios at any time
- Junior Members ages 15 and up may participate in Group Ex classes
- You must be accompanied by an instructor or trainer when exercising in any of the studios
- Please check class schedule to see which classes require a sign up
- For safety reasons, Members will not be permitted to enter a class already in progress

## YOGA LEVELS

- **Level 1:** New to Yoga? This non-intimidating class is performed at a slower pace to introduce yoga terminology, postures and breath awareness. Experienced practitioners may use this class to revisit the basics.
- **Level 1/2:** Ready to take the next step on advancing your practice. Slightly more advanced poses will be introduced in a flowing sequence.
- **Level 2:** Challenge yourself with more advance poses in this intermediate level class.
- **Level 2/3:** Designed for intermediate/advanced practitioners. This class includes challenging poses and previous experience is required of all students.
- **Level 3:** Designed for the advanced practitioner and a high level of fitness. Students must have several years of intermediate yoga practice.
- **AL** - All levels
- **IA** - Intermediate/Advanced