

MONDAY

6:00	The Ride*	John (RC)
7:00	H.E.A.T New!	Karriem (1)
8:15	The Ride*	Lou (RC)
8:30	PowerBARRE	Carrie (1)
9:00	Yoga Basics	Anya (2)
60min		
9:15	Zumba	Jeanette (1)
9:15	TBR Cycle	Ginger (RC)
10:00	H2Obics	Erin (P/SW)
10:15	Redefine	Marilyn (1)
10:30	Kundalini Yoga	Karena (2)
60min		
5:30	Zumba	Terry (1)
6:00	Barefoot Barre	Polli (2)
6:15	Zone Ride*	Lisa (RC)
6:30	H.E.A.T.	Brittany (1)
7:00	Vinyasa Yoga	Vanessa (2)
60min		
7:00	H2O Power	Sherri (P/SW)

The Atlantic Club Group Exercise Schedule

Effective April 16, 2012

TUESDAY

6:00	Sunrise Yoga	Anya (2)
60min		
8:15	Tri-Ride*	Brittany (RC)
8:15	Cardio Blitz	Meredith (1)
8:30	Cardio Sculpt	Paula (2)
9:15	Strength/Interval	Brittany (1)
9:15	The Ride*	Donna (RC)
9:30	Barre Pilates	Carrie (2)
10:00	H2Obics	Cheryl (P/SW)
10:15	Redefine	Donna (1)
10:30	Slow Flow Yoga	Karena (2)
90min		
11:15	Pure Stretch	Donna (1)
5:00	Strength & Stretch	Donna (1)
6:30	H.E.A.T	Christine (1)
6:30	Pilates Mat	Heidi (2)
New Time!		
7:15	Vinyasa	Liz (2)
75min		
		New Time!

WEDNESDAY

5:30	H.E.A.T	Christine (1)
6:00	The Ride*	John C. (RC)
8:15	Balance	Meredith (2)
8:30	Super Sculpt	Tiffany (1)
9:30	The Ride*	Meredith (RC)
9:30	Pilates Mat	Tiffany (2)
9:30	Cardio/Kickbox	Marilyn (1)
10:00	H2Obics	Dalia (P/SW)
10:30	Yoga Power Hour	Vijya (2)
60min		
10:30	Zumba	Terry (1)
11:30	Restorative Yoga	Vijya (2)
60min		
6:00	Kripalu Yoga & Meditation	Michelle (2)
90min		
6:15	TBR Cycle	Ginger (RC)
6:45	H.E.A.T.	Brittany (1)

THURSDAY

7:00	Power Up Yoga	Denise (2)
60min		New Time!
8:15	The Ride	Brittany
8:15	Body Shock	Karriem (1)
8:30	Pilates Mat	Paula (2)
9:15	Step & Sculpt	Paula (2)
9:15	The Ride*	Donna (RC)
9:15	Zumba	Jeanette (1)
10:00	H2Obics	Diane (P/SW)
10:15	Redefine	Donna (1)
10:30	Relax&Meditate	Yoga
75min		
11:15	Pure Stretch	Donna (1)
6:00	Barefoot Barre	Polli (1)
6:45	Ashtanga Yoga	Stacey(2)
90min		
7:00	Power Plunge	Sherri (P) New!
7:15	The Playlist	Karriem (1)
45min		

FRIDAY

5:30	H.E.A.T	Tom/Tara (1)
8:15	The Ride*	Lou (RC)
8:30	Barre Pilates	Carrie (1)
9:00	Vinyasa Yoga	Viiya (2)
90min		
9:30	The Ride*	Carrie (RC)
9:30	Hard Drive	Caren (1)
10:00	H2Obics	Terry (P/SW)
10:30	ZumbaTone	Nina (1)
10:30	Yoga Basics	Vijya (2)
60min		
6:00	Restore & Renew	Michelle (2)
75min		

SATURDAY

8:00	H.E.A.T.* New!	Karriem (1)
8:00	TBR Cycle	Dalia/Ginger(RC)
8:00	Yoga Basics	Liz (2)
90min		
9:00	Saturday Sweat Shop	Kristine (1)
9:15	The Ride Plus	Lou/Carrie (RC)
10:00	Water Running	Cheryl (P/DW)
10:00	Pilates Mat	Sharon/Kristine (1)
10:15	Vinyasa Yoga	DonnaLyn (2)
90min		
SUNDAY		
9:00	The Ride Plus	Dalia (RC)
9:00	Hatha Yoga	Anya (2)
90min		
9:00	Flex Core	Marilyn/Heidi (1)
10:00	Aquabarre	Patty (P/SW)
10:00	Zumba	Amanda (1)
New Time!		

SYMBOL GUIDE

- (1)** Studio 1
- (2)** Studio 2
- (RC)** Ride Center
- (P)** Pool
- (DW)** Deep Water
- (SW)** Shallow Water
- AL** All Levels
- IA** Intermediate/Advanced
- ADV** Advanced

Please check the back of the schedule for class descriptions and level.

All classes are 60 minutes unless otherwise noted on back of schedule.

(* Sign-up required. Sign ups begin 45 minutes prior to start of class. Please sign-up at the front desk. Participants may sign up for themselves only.

*Group Water classes with less than 8 people will utilize 1 lane only.

Please feel free to contact Diane Karpus at 732-219-5333 ext. 410. The Atlantic Club reserves the right to cancel classes on future schedules if class averages less than 10 people.

View and print our Group Exercise schedule online at theatlanticclub.com



Cardio Classes

CARDIO KICKBOX (IA) This exciting cardio class incorporates kickboxing, toning & core strengthening exercises, sure to kick-butt with this total body workout. Benefits: Cardiovascular

ZUMBA (AL) A fusion of Latin and international rhythms with easy to follow moves for a one of a kind workout! A dance class that is a high calorie burning and body energizing experience. Benefits: cardiovascular, muscular

ZUMBATONE (AL) When it comes to body sculpting, Zumba Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use light weights to tone their arms, abs, glutes and thighs. Benefits: cardiovascular, muscular

Cardio Sculpt

BALANCE (AL) Life is all about balance. This new class, designed by Meredith Johnson, is a well-rounded workout that brings together core, cardio and strength. To engage all levels of fitness, this class is taught at a moderate pace. Benefits: Strength, cardio, core, flexibility

BODY SHOCK (IA) This intense full body exercise class features aspects of calisthenics, interval training, boxing, kickboxing and plyometrics, with the use of minimal equipment. Benefits: Cardiovascular and muscular strength

CARDIO BLITZ (IA) For those who desire to increase muscular power through intervals of plyometric strength and core stability exercises. Benefits: Cardiovascular and muscular strength.

CARDIO SCULPT (AL) Total body conditioning utilizes body bars and dumbbells to increase strength & improve definition. Benefits: Cardiovascular & muscular strength

HARD DRIVE (IA) Total body workout for both muscular strength and endurance. Continuous movement that keeps the heart rate up for a sweat drenched sculpting session. Benefits: Cardiovascular and muscular strength

HEAT (ADV) Athletic training with strength & endurance conditioning utilizing TRX, Kettlebells, medicine balls and more. This boot camp class will challenge advanced fitness levels. Benefits: Cardio, muscular strength & endurance

STEP AND SCULPT (AL) No crazy choreography just plain and simple Step Aerobics coupled with sculpting and toning! Benefits: Cardio and Strength components

STRENGTH/INTERVALS (IA) Total body workout!! Mix of strengthening exercises with group cardio intervals. Benefits: Cardio and Strength components

SWEATSHOP (IA) A heart pounding, muscle pumping, sweat pouring blast! Incorporating intense intervals of Boot Camp Basics & sculpting favorites. Benefits: cardio, strength & endurance.

Cycling Classes

RIDE BASICS (AL) Learn the fundamentals of indoor cycling and join the exciting world of The Ride classes at The Atlantic Club.

THE RIDE (AL) Our exhilarating cycling program! 45 minutes Benefits: cardiovascular

THE RIDE PLUS (AL) Spend a little more time in the saddle and burn some extra calories 60 minutes.

TRI-RIDE (IA) Bring out the inner triathlete with this cycling based ride. 45 minutes. Benefits: cardiovascular

TBR Cycle (AL) Full body workout on the bike! Sculpt, sweat and burn with light weights, push ups and core work. Benefits: cardiovascular

ZONE RIDE (AL) Get into the Zone with this informative and goal-oriented heart-rate monitor class. Learn how training in different zones will change your performance and body. Benefits: cardiovascular

Water Exercise- all classes 45 min

AQUA BARRE (AL) Bring your barre workout to the pool and use the water as your resistance. Benefits: Endurance and strength

H2O CIRCUIT (AL) This energetic interval aqua class will offer cardiovascular and resistance training in one great class. Benefits: cardio strength & endurance

H2O POWER (IA) Water, resistance, props, intense intervals and fun music. (SW) Benefits: cardio, muscular strength & endurance

H2OBICS (AL) Specially designed resistance props and the the water give an intense workout that's easy on the joints.

WATER RUNNING (AL) This ultimate cross training activity enhances running and swimming speed, strengthens every body part & assists in injury recovery. Benefits: cardio, endurance.

Resistance Training/Conditioning

BAREFOOT BARRE (AL) Engage and energize head to toe. Develop balance, posture, strength and alignment by utilizing principals of Pilates, Yoga, ballet and core mat work. 60 or 75 minutes Benefit: Core, muscular endurance and flexibility.

BARRE PILATES (AL) By fusing the principles of Pilates, isometrics, barre work and stretching TAC's signature class will sculpt your legs, lift your seat, create sexy and defined shoulders and rock hard abs. Benefits: Core, muscular toning and flexibility

FLEX CORE (AL) Grow longer and stronger with this class that blends Yoga, Pilates and Stretching. This fusion class brings the best of each discipline to help you achieve your goals. Benefit: Core, muscular endurance and flexibility.

POWER BARRE (IA) Our signature class takes it up a notch! Various props will be combined with intense core exercises and BARRE work.

PURE SCULPT (AL) A straight forward sculpting class using weights, body bars and tubing. An old school approach that produces results.

REDEFINE (AL) A Total Body workout using various resistance props to help you achieve that desired

Resistance Training/Conditioning

sculpted figure. Benefits: muscular strength & endurance

STRENGTH & STRETCH (AL) Get it all in this total body workout that will tone and lengthen with an effective blend of resistance and stretching exercise. Benefits: muscular strength and flexibility

SUPER SCULPT (IA) Same as Redefine with elevated heart rate components. Benefits: strength & endurance

THE PLAYLIST (IA) The first interactive class that will give you the opportunity to make suggestions on the exercises and songs for the class. Want more burpees or box jumps? Want to hear more Led Zeppelin or Michael Jackson? Join Karriem for this advanced class that is for the people, by the people. Make your requests on classes at www.facebook.com/theatlanticclub. Benefits: Cardio, muscular strength & endurance

Mind / Body and Flexibility

ASHTANGA YOGA (IA) A discipline that synchronizes the breath with a progressive series of postures that produces a purifying sweat that detoxifies muscles and organs. Benefits: Flexibility, improved circulation, muscular strength.

HATHA YOGA (AL) Balances the opposing energies of the body. Physical postures (asana) & breathing techniques. (pranayama)90 min.

KRIPALU YOGA (AL) Balance the Chakras (energy centers within the body). Kripalu is a 3-stage yoga that concentrates on body alignment, pranayama and meditation. 75 or 90 minutes. Benefits: fitness, stress release, balance.

KUNDALINI YOGA (AL) Develop strength, awareness, character and consciousness in this physical, mental and spiritual discipline. Benefits: Flexibility, stress release and balance.

PILATES MAT (AL) An internationally known fitness system created by Joseph Pilates focusing on core stability, balance and flexibility.

PURE STRETCH (AL) Enhance your life & exercise routine by improving an important fitness component-flexibility. Benefits: Flexibility 45 min

POWER HOUR (IA) A vigorous flowing practice that increases stamina, strength, and flexibility. 60 mins. Benefits: flexibility, and strengthening.

POWER UP YOGA (AL) Get your day started with this energizing and revitalizing yoga class. Benefits: flexibility and strengthening.

RELAX & MEDITATE YOGA (AL) Destress & energize as you ease into yoga poses. Class ends with soothing meditation. 75 minutes Benefits: Stress Release & flexibility.

RESTORATIVE YOGA (AL) Experience the sense of renewed energy and peace with this gentle approach to yoga. 60 mins. Benefits: flexibility, stress release, balance.

RESTORE & RENEW (AL) Release the stress of the week and recharge for the weekend. This Kripalu -based class will help you come back to center so you can enjoy your days off. Benefits: Stress release & flexibility

SLOW FLOW YOGA (AL) A meditative approach to movement, coordinating the breath with Sun Salutations and varying sequences of yoga postures. This class heightens awareness while building physical and mental strength. 90 minutes.

SUNRISE YOGA (AL) Wake up and energize yourself with this early morning yoga class and get ready to start your day. 60 minutes

VINYASA YOGA (AL) A popular evolving form of yoga that integrates breath and movement, awareness and alignment as well as strength and flexibility. 60 or 90 min

YOGA BASICS (AL) For the new yogi & people looking to get back to basics. Focus on proper alignment, breathing and gentle stretches. This class will open the doors to the world of yoga! 60 or 90 minutes,