

MONDAY

5:30	Advanced Training Joe (A)
6:30	Sunrise Yoga Jeff (B)
7:00	Interval Training Barbora (A)
8:00	Maximum Effort Barbora (P)
8:30	Flexibility Leela (B)
*8:30	Zumba Jane (A)
9:00	Hard Drive Christine (B)
9:30	Strong Step Kathy (A)
9:30	H2Obics Karen (P)
*9:30	The Ride Wendy (RC)
10:00	Vinyasa Yoga Mary S. (B)
10:30	Core & More Kathy (A)
10:30	Water Running Karen (P)
11:15	Flexibility Plus Mary S. (B)
12:00	Chair Yoga Penelope (A)
*4:30	Body Pump Mary S. (A)
4:30	Slow Flow Yoga Rob E. (B)
5:00	H2Obics (P) Lisa
5:30	Awesome Abs Mary S. (A)
6:00	Cardio Boxing Bob (G)
*6:00	Zumba Amanda (A) New!
*6:30	The Ride Joe (RC)
6:30	Awesome Abs Lorraine (B)
7:00	Below the Belt Lorraine (B)
7:00	H.E.A.T. Bryant (G)
7:30	Define & Refine Lorraine (B)

The Atlantic Club Group Exercise Schedule

Effective November 14, 2011

TUESDAY

5:30	20/20/20 Tom (A)
8:00	Pilates Mat Carol (B)
*8:00	Body Pump Kathy (A)
8:00	Maximum Effort Patty (P)
9:00	Walking Workout Pat W. (OT)
9:00	Cardio Jazz Danny (B)
9:00	Quick Crunch Kathy (A)
*9:15	Body Pump Kathy (A)
*9:30	The Ride Susie (RC)
9:30	Aqua Noodle Lisa (P)
10:00	Tai Chi Bob (B)
10:30	Circuit Training Kathy P. (A)
11:00	Shake & Shape Margaret (B)
11:30	Kripalu Yoga Shawn (A)
*4:30	Zumba Maryanne (A)
4:30	Vinyasa Yoga Carrie (B)
*5:30	Body Pump Karen (A)
5:30	Water Running+ Nan (P)
*6:00	The Ride Wendy (RC)
6:15	Pilates Mat Grace (B)
6:30	Cardio Caliente Eduardo (A)
6:30	H.E.A.T. Quoc (G)
7:30	Candlelight Yoga Penelope (A)

WEDNESDAY

*5:30	The Ride Joe (RC)
6:30	Sunrise Yoga Jeff (B)
7:30	Interval Training Tom W. (A)
8:00	Maximum Effort Christine (P)
8:30	Flexibility Pat (B)
9:00	Hard Drive Susie (A)
9:15	Cardio KickBox Karen (B)
9:30	H2Obics Christine (P)
*9:30	The Ride Kathy (RC)
10:00	BOSU Blast Susie (A) New!
10:30	Water Running Anita (P)
10:30	Ashtanga Yoga Mary S. (B)
11:00	Flexibility Susie (A)
11:30	Gentle Yoga Tom (A)
12:00	Lunch Box Paul (G)
4:30	Interval Training Kathy P (A)
4:30	Slow Flow Yoga Rob (B)
5:30	Awesome Abs Lisa (A)
6:00	Zumba (A) Maryanne New!
6:30	H.E.A.T. Irene/RT (G)
*7:00	Body Pump Wendy (A)

THURSDAY

5:30	Interval Training (A) Tom
*7:45	Body Pump (A) Anita
8:15	Cardio B.L.T. Barbora (B)
9:00	Walking Workout Pat W. (OT)
9:00	Quick Crunch Margaret (A)
9:15	Active Rhythm Margaret (A)
9:15	Core Strength Wendy (B)
*9:30	The Ride Pat (RC)
9:30	H2Obics Anita (P)
*10:30	Body Pump Mary S. (A)
10:30	Aerobics Lite Kathy P. (B)
11:30	Restorative Yoga Mary S. (B)
12:00	Chair Yoga Penelope (A)
4:30	Vinyasa Yoga Carrie (B)
*4:30	Zumba Gina (A)
5:30	Water Running+ Lisa (P)
*5:30	Body Pump Wendy (A)
6:15	Define & Refine Lorraine (B)
6:00	The Ride Susie (RC)
6:30	Cardio Caliente Eduardo (A)
6:30	HEAT. Joe G (G) New!
7:15	Awesome Abs Lorraine (B)
7:45	Gentle Yoga Darlene/Leela (B)

FRIDAY

5:30	The Ride Susie (RC)
5:30	Medicine Ball Joe (A)
6:30	Sunrise Yoga Jeff (B)
7:30	Interval Training Christine (A)
8:00	Maximum Effort Pat W. (P)
8:00	The Ride Anita (RC)
8:30	Roll & Release Pat (B)
9:00	Pilates Mat Pat (B)
9:30	Strong Step Kathy (A)
9:30	H.E.A.T Susie (G) New!
*9:30	The Ride Karen (RC)
9:30	H2Obics Barbora (P)
10:00	Ballet Sculpt Kathy P. (B)
10:30	Core & More Kathy (A)
10:30	Water Running Christine (P)
11:00	Flexibility Kathy P. (B)
11:30	Gentle Yoga Tom (A)
*4:30	Body Pump Megan (A)
5:30	Vinyasa Yoga Lisa (A)
*5:30	Zumba Jen (B)

SATURDAY

*8:00	Body Pump Anita (A)
*8:00	The Ride Carol (RC)
*8:00	Zumba MaryAnne (B)
8:30	Flexibility Lorraine (K)
9:00	Awesome Abs Lorraine (B)
*9:00	Zumba Michelle (A)
9:00	Water Running+ Christine (P)
*9:15	The Ride Joe (RC)
9:30	Refine & Define Lorraine (B) 45min
10:00	Aqua Tai Chi Lisa/Pat (P)
10:00	Flow Yoga 75 min Carrie (A)
10:15	Interval Training Christine (B)
11:15	Restorative Yoga Penelope (A)
SUNDAY	
8:00	Pilates Mat Pat (B) <i>4th Sun. of month-On Ball</i>
*8:00	The Ride Stefan (RC)
*8:00	Zumba Jocelyn (A)
9:00	Body Pump Megan (A)
9:00	Cardio Core * Lisa (B) New!
9:15	The Ride Wendy (RC)
10:00	Zumba (B) Gina
10:00	Flow Yoga Corinne (A)
11:30	Basic Yoga Darlene (B)
* First Sunday of Month Cardio Core will be Piloxing	

SYMBOLGUIDE

- (A)** Aerobic Room A
- (B)** Aerobic Room B
- (RC)** Ride Center adjacent to gym
- (P)** Pool 1st Floor
- (K)** Kinesis Studio
- (OT)** Outdoor Trail
- (G)** Gym 2nd floor

- Hi Heat Yoga Class
- Sr. Fitness Friendly

Group Exercise Director,
Christine Plisky
732-223-2100 ext. 359.
christinep
@theatlanticclub.com

* Please Note:
Body Pump, The Ride &
Zumba sign ups begin
30 minutes prior to the
start of class.
Participants may sign up
for themselves
ONLY!

THE RIDE: Monday
evening 6:30 class and
Saturday morning class
at 9:15am sign ups are
held outside the gym.



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print schedules at
theatlanticclub.com

CARDIO CLASSES

AEROBICS LITE (60 min) Easy to follow low impact aerobics with strength segment. Great music & great fun suitable for any levels! **AL**

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

CARDIO KICK BOXING (60 min) A heart pounding, muscle pumping, fat burning, punching, kicking time. **IA**

CARDIO CALIENTE (60 min) Sizzle and shake in this HOT cardio experience! **AL**

CARDIO CORE(AL) (60 min) An intense cardio workout with an equally challenging core strength component. **AI**

CARDIO JAZZ (60 min) Come enjoy a new flavor of dance with a jazzy approach to a cardio workout. **AL**

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

THE RIDE (60 min) Utilizes Schwinn Evolution Bikes.

Cycling intensity plus resistance training. Heart rate monitors strongly suggested. **IA**

WALKING WORKOUT (60 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) Latin dance featuring cardio & strength components. **AL**

CARDIO/SCULPT CLASSES

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

BALLET SCULPT (60 min) A sculpting class built on the principals of ballet. Use the Body Bar to achieve strength and stability while focusing on posture and balance. **AL**

BOSU BLAST (60 min) Full body workout focused on intense core training utilizing the Bosu Balance Trainer and athletic training. **IA**

CARDIO B.L.T. (60 min) Plyometric progressions, cardio and intense butt, leg & tummy intervals. **AL**

CARDIO BOXING (60 min) A challenging athletic workout utilizing combination punching with heavy bags. Bring your own gloves. **AL**

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

CORE STRENGTH (60 min) The ultimate core conditioning workout. **IA**

INTERVAL TRAINING (60 min) Full body work-out concentrating on cardiovascular, muscle strength, endurance and flexibility, utilizing different exercise equipment. **AL**

HARD DRIVE (60) Same great class as interval training but geared toward the intermediate/advanced athlete **IA**

LUNCH BOX (45 min) Same great workout as Cardio Boxing at lunch time! Bring your own gloves. **AL**

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

MIND/BODY and FLEXIBILITY


BASIC YOGA (90 min) Intro to the basics of varying forms of yoga and meditation. Suitable for beginners-warm not hot. **AL**

CANDLELIGHT YOGA (90 min) Practice is influenced by body prayers, the holding of meditative postures & breath work. **AL**

CHAIR YOGA (60 min) Replaces yoga mat and allows one to take full advantage of yoga's amazing fitness and health potential.

It helps to improve balance with the use of light weights, as well as stimulating circulation. **AL**

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

 **FLOW YOGA** (90 min) Feel the strength and fluidity as you strengthen and lengthen your muscles while working on your flexibility, through a relaxing & challenging workout. **IA**

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

GENTLE YOGA (60 min) A blissful hour of mind/body yoga with the primary focus on relaxing the mind. Traditional yoga


asanas blended with meditative breathing. **AL**

KRIPULA YOGA (90 min) Meditative style yoga with emphasis on proper breath and alignment and the wisdom of the body. **AL**

PILATES BASED MAT (60 min) Learn a series of mat exercises that will improve strength, breathing, flexibility and balance. It


creates a body that looks long and lean while keeping your powerhouse strong. **AL**

RESTORATIVE YOGA (90 min) Meditative style yoga with emphasis on breath, alignment and movement. **AL**

 **SLOW FLOW YOGA** (90 min) A vinyasa practice that focuses on quality transitions between postures and awareness of breath and mind. **I**

SUNRISE YOGA (90 min) This gentle, yet powerful, class is a great start to your day. Begins slowly with mat work to wake the body. Progressing to Sun salutations that warm the body. Class ends with a deep relaxation. **AL**

TAI CHI (60 min) Tai Chi is first and foremost a martial art. The basic premise is simple and easy to follow. From the simplicity of movement and thought emerges a martial pattern that is beautiful, complex and powerful. **AL**

 **VINYASA YOGA** (60 or 90 min) a flowing form of hatha yoga and ashtanga-style, linking postures together with breath, focus and inward attention. **IA**

MUSCLE CONDITIONING

20/20/20 (60 min) High Intensity, Concentrated Workout! 20 minutes Lower Body, 20 minutes Upper Body, 20 Core Work. **IA**

AWESOME ABS (30 min) A concentrated workout specifically designed to strengthen and tone the abdominal and lower back muscles. **AL**

BELOW THE BELT (30 min) An intense muscle conditioning workout targeting the glutes & legs. **AL**

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

DEFINE & REFINE (45 or 60 min) Utilize a variety of weights, bands, body bars and other tools in our body shop to help you define & refine. **AL**

H.E.A.T A blend of athletic training with strength and endurance conditioning utilizing TRX, Kettlebells, medicine balls and more. This bootcamp/circuit style class will challenge the fitness enthusiast!

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

QUICK CRUNCH (15 min) Work those abs! 15 minutes of crunches **AL**

WATER CLASSES

AQUA NOODLE (60 min) A great water class where you will learn how to use the noodle for added buoyancy and perfect positioning that permits safe aerobic movements. **AL**

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

H2OBICS (60 min) Experience this challenging program designed to provide a vigorous cardio vascular workout with the benefits of buoyancy and resistance. **AL**

MAXIMUM EFFORT (45 min) An athletic workout in the deep water with a flotation belt. Includes intervals of running, walking cycling and sprinting. Great workout and no impact! **IA**

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

WATER RUNNING PLUS (60 min) Same great class as Water Running, only 15 minutes longer. **AL**

WATER CLASS RULES:

Aqua Tai Chi:	10 - 15 swimmers get 1 addtl lane 16+ get 2 addtl lanes
Pool Classes:	10-17 swimmers get 1 addtl lane 18+ get 2 additional lanes

CLASS ETIQUETTE

- Be considerate of other Member's exercise space.
- Do not crowd other members.
- Do not do your own routine, as this is very distracting.
- Keep conversation to a minimum.
- Shirts must be worn and feet must be covered.
- Street wear, gym bags, purses and food are not permitted.
- A towel is recommended.
- Must be 13 years old & directly supervised by a parent in order to participate in a Group Exercise Class.
- Must be 15 years old to participate in The Ride, Body Pump, Zumba & Yoga!
- Junior members ages 15 and up may participate in all Group Ex classes.