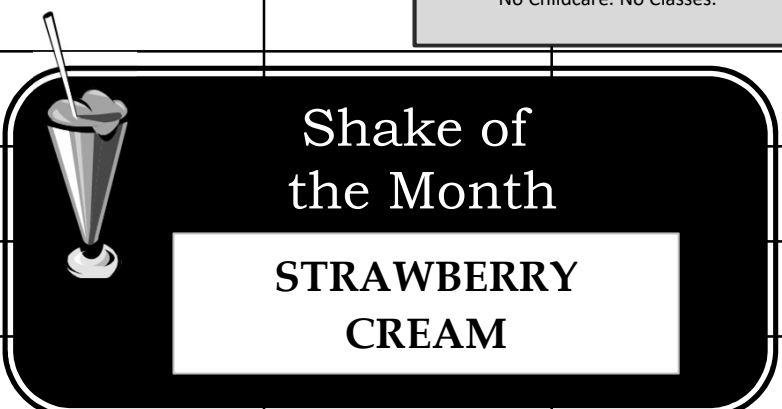




GROUP EXERCISE SCHEDULE

August 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
FIT RIDE 7:00 am - Cycle Studio Bridgette	YOGA 6:00 am - Studio B Jen	BOOTCAMP 8:00 am - Studio A Bridgette	YOGA 6:00 am - Studio B Jen	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	FLOW YOGA 8:00 am - Studio B Jen	YOGA 8:00 am - Studio A Sarah	
MAT PILATES 7:15 am - Studio A Lauren	SUNRISE CYCLE 6:00 am - Cycle Studio Bridgette	RHYTHM RIDE 8:00 am - Cycle Studio Sonja	BOOTCAMP 6:00 am - Studio A Sarah	TABATA 8:00 am - Studio A Amy	BOOTCAMP 8:00 am - Studio A Sarah	MAT PILATES 9:00 am - Studio A Maria	
SCULPT 8:00 am - Studio A Bridgette	SWEAT & SCULPT 8:00 am - Studio A Bridgette	SCULPT 9:00 am Studio A Kitty	MAT PILATES 8:00 am - Studio A Maria	BARRE FUSION 8:15 am - Studio B Lori	SPOTLIGHT RIDE 8:00 am - Cycle Studio <i>See below for Instructors</i>	RHYTHM RIDE 9:30 am - Cycle Studio Ande	
BOOTCAMP 9:00 am - Studio A Gen	FIT BARRE 8:30 am - Studio B Lori	SCULPT 10:00 am Studio A Kitty	VIVE CYCLE 8:15 am - Cycle Studio Amy	SCULPT 9:00 am Studio A Kitty	DANCE FITNESS 9:00 am - Studio A Vanessa		
SLOW VIBES YOGA 9:30 am - Studio B Elyse	MUSCLES IN MOTION 9:30 am - Studio A Jeanine		BOOTCAMP 9:15 am - Studio A Amy	SCULPT 10:00 am Studio A Kitty	RHYTHM RIDE 9:00 am - Cycle Studio Sonja		
ZUMBA 10:00 am - Studio A Jeannine	VINYASA YOGA 9:30 am - Studio B Elyse				SPOTLIGHTS 8/3 - Ande 8/10 - Donna 8/17 - Ande 8/24 - Amy 8/31 - Ande		
8/5: NO 10AM ZUMBA							
BOOTCAMP 4:00 pm - Studio A Kitty	KB SWING & SCULPT 5:00 pm - PT Studio Kitty	FIT RIDE 5:15 pm - Cycle Studio Bridgette	TOTAL BODY SCULPT 4:00 pm - Studio A Kitty				
FLOW YOGA 6:00 pm - Studio B Jen	ARMS + ABS 6:00 pm - Studio A Brier	BUNS & GUNS 6:00 pm - Studio A Brier	MAT PILATES 5:30 pm - Studio A Lauren				
8/5: POP UP DANCE 6:30 pm - Studio A Erin			ZUMBA 6:30 pm - Studio A Jeannine				
	CHILD CARE HOURS Daytime Monday- Sunday 8am to 11am Nighttime Monday- Wednesday 4:30pm to 7:30pm		8/29: NO 4PM SCULPT				
					REVISED SCHEDULE FOR LABOR DAY - MONDAY MONDAY, SEPTEMBER 2ND Revised Hours 6AM - 12PM No Childcare. No Classes.		
							

Class Descriptions

ARMS + ABS: Challenge your upper body & core in one effective 45-minute workout. Arms + Abs combines upper body strength exercises with functional core exercises to burn out your arm muscles and build a strong core.

BARRE FUSION: This class is inspired by elements of ballet, yoga and Pilates. This class will improve your balance & stability, as well as strengthen your back and core.

BOOTCAMP: This total body workout maximizes your fitness potential. You will use all types of equipment as well as body resistance. No two classes are ever the same.

BUNS & GUNS: This is a low impact sculpting class that is sure to tighten and tone your body through a variety of movements that focus directly on those buns and guns.

CLASSIC BARRE: No grippy socks needed. This class will utilize the bar and bands. You will definitely feel those smaller muscles being worked for the ultimate burn.

DANCE FITNESS: Torch calories while having fun dancing to easy-to-follow choreography. This class is high energy and for all levels. Dance experience is not required.

FIT BARRE: This class is the perfect blend of dance, Pilates, sports conditioning and flexibility that will keep you moving from the mat to the bar.

FIT RIDE: Pump up your calories while burning to great music in this Cycling class which incorporates intervals of light weights or bands for the ultimate tone and calorie burn.

FLOW YOGA: A Yoga discipline which connects mind, body and breath in a continuous flow of movement.

HIIT BOOT CAMP: This is a full body workout! Using interval training it can build cardiovascular fitness while improving muscular strength and endurance.

HIIT STATIONS: This is a metabolic workout will consists of stations around the room that incorporate various intervals of strength training and cardio.

KB SWING & SCULPT: This is a functional based strength training class that will focus on proper usage of kettlebells while also implementing core stabilization and mobility.

MAT PILATES: Strengthen your core, and increase your flexibility. Improve your mental and physical balance, posture and circulation, reduce stress, and get a more attractive physique with this mat-based toning class.

MUSCLES IN MOTION: This conditioning style class is total body workout that incorporates the step & weights. A perfect combination of cardio, conditioning and toning all in one!

POWER YOGA: Power Yoga is a dynamic, flowing practice which cultivates strength, flexibility, balance, endurance and focus.

RESTORATIVE YOGA: This class will allow you to slow down and focus on your mind and body connection.

RHYTHM RIDE: All out ENERGY in this 45-minute rhythm-based cycle class. The beat of the music guides your ride. All levels welcome.

SCULPT: Have a great time in this full body strength workout using dumbbells, bands, balls or gliders. Never get bored!

SLOW VIBE YIN: This class focuses on nature-based connections and embodies the 3 loves: self-love, giving love and receiving love. The instructor will thread inspiring words into this flow movement yoga class so when you leave, you feel more connected to yourself and the world around you.

SUNRISE CYCLE: Rise and shine in a cycle class which wakes the heart and soul. A progressive ride invigorating your heart rate to start your day with a burn.

SWEAT & SCULPT: This Sunday Special will include a combination of cardio and weighted movements that will give you a full body sweat sesh to start your week.

TABATA: Spice up your workouts with some timed intervals! This class will be a HIIT style that involves 20 seconds of exercise at maximum effort, followed by 10 seconds of rest.

TURNED UP: This full body workout includes weights and cardio. You will be sure to feel the burn during this 45-minute sweat session.

VIVE CYCLE: An energizing cycling class on a stationary bike. You control the tension as the instructor leads you through intervals of strength, endurance and speed.

YOGA: For health and relaxation, you will follow specific bodily postures as well as breath control and simple meditation for a complete mind and body workout.

ZUMBA: Combines high energy and motivating music with unique moves and combinations. This is an entertaining dance class like no other.

ZUMBA REMIX: Zumba class turned up! Intense energy, partnered with motivating music that has you burn while having fun.

GROUP EXERCISE ETIQUETTE

- Please turn off your cell phones while taking class. **Cell phone use is not permitted in studio.**
- If you have a medical condition that prevents you from following the routine, please inform your instructor.
- Be on time. Classes are closed 5 minutes after start time. There is no late entry to Yoga classes.
- Be considerate of other members' exercise space. Do not crowd a member who arrived in class before you.
- Appropriate exercise attire must be worn. Proper athletic shoes only! No black-soled shoes or open toed shoes.
- Please remember to wipe down the floor and equipment after you have used it. i.e. cycling bikes, mats.
- Please note that the scheduled instructors and classes may change without prior notice.
- **We recommend that you bring your own mat to Yoga and Pilates classes.**

CHILD CARE HOURS

Daytime:
Monday- Sunday 8am to 11am
Nighttime:
Monday- Wednesday 4:30pm to 7:30pm

CLUB HOURS:

Mon.-Thurs.: 5:00 am – 10:00 pm
Fri.: 5:00 am – 8:00 pm
Saturday: 6:00 am – 5:00 pm
Sunday: 6:00 am – 4:00 pm

Follow us on our website www.vivefitnessnj.com or FB and Instagram for club updates.

First time in class? Please arrive 5-10 minutes early so the instructor can help get you set up for class.

Any questions, please contact us at 732-899-1001

Please be considerate of the instructor and other members, and leave conversations at the door. If your conversation continues, you may be asked to leave the class.