ARMS + ABS: Focused workout combining upper-body strength + core stability training to sculpt, tone + build strength.

BEAT BURN: Full-body, beat-driven workout using weights or bands to build strength, break a sweat + keep you moving to the rhythm.

BARRE FUSION: Low impact high intensity workout that blends elements of ballet, pilates, yoga + strength training. The movements are designed to build strength, definition + flexibility.

BOOTCAMP: High-energy, full-body workout using a mix of equipment + body-weight resistance for strength, endurance, + overall conditioning.

BUNS & GUNS: Low-impact sculpting class targeting the glutes, hips + arms through controlled, toning movements.

CARDIO + CORE: Station-based workout combining intervals of cardio + core training to boost endurance + strengthen the midsection.

DANCE FITNESS: Fun, high-energy cardio class featuring easy-to-follow repetitive choreography set to upbeat music for all levels.

HIITxPILATES: 25 minutes of strength-based interval training followed by 20 minutes of classic mat pilates. Upbeat strength work followed by a slower, controlled pilates finish.

MAT+MUSCLES: Low-impact, full-body strength workout combining weights + mat-based exercises, performed primarily kneeling, seated or lying down to target your core, arms, glutes + total-body.

MAT PILATES: Mat-based workout emphasizing core strength, posture, balance, & flexibility through controlled movements.

RIP+RIDE: High-energy cycling workout combining heart-pumping cardio with upper-body strength training using weights. Power through intervals, climbs + sprints while you build strength.

SCULPT: Full-body workout designed to build strength, increase muscle + improve definition. Using dumbbells + a variety of fitness equipment, we combine traditional weight-lifting with lighter-weight sculpting exercises to challenge your muscles, improve endurance + leave you feeling strong + empowered!

SUNRISE CYCLE: Motivating early-morning ride designed to energize the body + boost endurance to start the day strong.

STRENGTH: Rooted in traditional strength training + functional movement. This low impact workout will have you sweating through dumbbell strength training blocks with minimal rest creating a high intensity but low impact burn.

TABATA: High-intensity interval workout alternating 20 seconds of maximum effort with 10 seconds of rest for total-body conditioning.

VIVE CYCLE: Structured indoor cycling session featuring resistance + speed intervals to build endurance + power.

YOGA: Balanced practice using poses, breath work + mindfulness to strengthen the body + calm the mind.

VIVE
POINT BEACH

GROUP EXERCISE ETIQUETTE:

- Please silence + store cell phones during class
- Arrive on time - classes close five minutes after start.
- Respect personal space + wipe down equipment after use.
- Proper athletic attire + shoes are required.
- Please bring your own mat for Yoga + Pilates classes.
- Instructor + class schedule may change without notice based on instructor availability.
- New participants should arrive 5–10 minutes early for questions + setup assistance.

CLUB HOURS:

Mon–Thurs:	5 am – 10 pm
Friday:	5 am – 8 pm
Saturday:	6 am – 5 pm
Sunday:	6 am – 4 pm

CHILD CARE HOURS:

Mon–Fri:	8 am – 11 am
Mon–Thurs:	4 pm – 7:30 pm
Sat–Sun:	8 am – 12 pm

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(732) 899-1001 | www.vivefitnessnj.com | 107 NJ-35, Point Pleasant, NJ 08742 | Find us on Instagram @vivefitness