
Cardio/Aerobic

Cardio Sculpt: Beginner/Intermediate Great fitness workout which includes cardio, resistance, core training, mobility and balance that will get you moving without pain. Great for beginners.

BODYCOMBAT : Most Levels Is the true unique, martial arts-based workout designed for individuals looking to boost cardio fitness & benefit from total body conditioning. This class is addictive and fun!

BODYSTEP: Most Levels Is the energizing, step-based cardio class that uses simple movements on, over & around the step. It features cardio blocks to accelerate fat burning, followed by toning tracks to tone your whole body.

BODYATTACK: Most Levels This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Step N Strength: Most Levels High energy step class incorporating resistance training for a total body workout. A great combination of cardio and strength in one hour long class.

Insanity: Intermediate/Advanced A revolutionary 30 minute cardio based, total body conditioning program based on MAX interval training.

Insanity Fit Test: The purpose of the fit test is to help you track your progress. We will offer a entire week of Fit Test 4 times yearly. Fit test dates will be listed on your Group Fitness schedule. However you can join class at any time.

Cycle

Cycle: Most levels This indoor group cycling class consists of a trained instructor who physically and verbally guides participants through a routine or %ourney+ on a stationary bike. First time riders please come 10 minutes early to meet you r instructor and set up your bike. A water bottle is mandatory and you will need a towel!

RPM: Most levels Indoor cycling where you ride to the rhythm of powerful music. Take on terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.

MYRIDE+: Most Levels Become fitter, live stronger and ride your bike in parts of the world you may never get to see .Follow your instructor across the most breathtaking and challenging roads!

TABATA Cycle: Most levels A tense way of interval training That will set your metabolism on fire!

Resistance, Toning & Strength Training

Ultimate Fitness: Intermediate/ Advanced Combines cardio, core strength and muscle endurance utilizing a variety of strength training equipment and interval drills.

BODYPUMP: Most Levels The original barbell class that appeals to individuals of all ages and fitness levels. Perfect for anyone striving to achieve maximum results in minimum time. A great alternative to weight training on the gym floor.

CXWORX: Most Levels This 30 minute core workout is short and sharp and will inspire you to the next level of fitness.

Core Fusion: Most Levels. This class will sculpt your mid-section, strengthen your abs & stabilizing muscles of the body using concentrated and precise Pilates moves & various equipment.

Strength & Sculpt:Most Levels Utilizing a variety of equipment, free weights, bars, balls and tubing, this class will strengthen and change the shape of your body.

R.I.P.E.D. : Intermediate/Advanced Resistance, Interval, Power, Plyometrics and Endurance workout combines an easy yet effective cardio routine interlaced with weights and body resistance.

Capoeira:Beginners Multidisciplinary Brazilian art form incorporating elements of dance, martial arts and acrobatics. Provides cardiovascular, strength and flexibility training in a fun and creative atmosphere. Each class ending with live music session. No experience necessary. Saturday class is 90 minutes.Thursday evening for beginners.

Chair Fit N Tone: Gentle/Senior/Beginners A light resistance and core training workout all done in a chair! Perfect for the beginner exerciser.

Muay Thai Boxing:Most Levels Is a stand up combat sport using punches, kicks, elbows and knees. Learn practical fighting techniques and get an excellent cardiovascular workout. This is an advanced workout, but no Muay Thai experience is needed to attend class.

Aqua – Great for all levels, No Impact!

Aqua Sculpt: Use noodles, weights, gloves, boards and your own resistance to burn fat and define muscles while in the warm water pool. Ideal for recovering athletes & members of all levels.

Aqua Bootcamp: Get a divers workout while toning and firming your whole body. All levels.

Poolates: Join this unique aqua class where the focus will be on strengthening the core and improving balance.

H2O Yoga: A 30 minute class for anyone looking to work on relaxation, flexibility & balance in the warm water of the therapy pool.

Aqua Zumba: Take your Zumba class into the water. Tons of fun!! Great for all levels.

Aquacise: This entry level shallow water class offers basic movements, gentle range of motion exercises and %water walking+

Ai Chi: Relaxation exercises using concepts of Tai Chi, shiatsu and qui gong.

Swim for Fitness/Stroke & Turn: For details please contact Marlon at marlona@fitnessandwellness.org

Mind/Body

Sunrise Yoga:Most Levels Start your day off right with this early morning Hatha Yoga class.

Gentle Yoga: Beginners or anyone who wants a gentle class. A simple Hatha class that will give you the benefits of Yoga with many modifications.

Hatha Yoga: Most Levels The most traditional and familiar form of Yoga taking your practice to the next level.

Pilates Mat: Most Levels Strengthen your entire body while focusing on core strength and stabilization. Improve your posture while creating long, lean muscles.

Pilates Core Mat: Intermediate A challenging Pilates core class. May incorporate, hand weights, bars and balls . Take Your mat class to the next level!

Vinyasa Yoga:Most Levels A flowing style of Yoga filled with graceful movement. A basic knowledge of Yoga poses is helpful but not required.

Vinyasa Yoga Level 2: Intermediate/Advanced Same flowing graceful but dynamic movements that will bring your practice to the next level!

Arthritis Tai Chi:Gentle/Beginners Discover complete harmony of the mind and body while performing graceful, fluid and well-balanced martial arts movements.

BODYFLOW: Most Levels Combines Yoga, Tai Chi and Pilates and is designed for those looking to improve general fitness, relax, reduce stress, increase mental clarity and obtain a sense of well-being..

Feldenkrais:Gentle/Beginners Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement, ability and aptitude.

Yogalates: Most Levels A combination of Pilates and Yoga blended in one amazing class. Also may incorporate sculpting using hand weights.

Yoga Core: Most Levels This class will awaken the muscles of the core and spine while lengthening and strengthening for greater stability.

Hath Yoga and relaxation: Most Levels. 60 minutes of Yoga followed by 30 minutes of breath work and focused relaxation. Enjoy a authentic 90 minute class just like you would find in a Yoga studio.

Booty Barre: Most levels A fusion of Pilates and Ballet that will shape your booty and thighs. Be divine from behind!

Senior Yoga: A gentle Yoga class that may include use of the chair, Barre , Yoga straps & blocks if needed to slowly and gently work into poses. Geared towards Seniors but great for anyone who has limited range of motion or wants to work at slower pace.

Cardio/Dance

Zumba: Most levels A fusion of Latin and international music providing an intermittent training session that is a mixture of body sculpting movements with easy to follow dance steps.

Zumba Gold: Beginner Same fun dance class but with more modifications, slightly slower paced music with longer warm up and cool down.

Zumba Senato: Most Levels Is the new Zumba workout with a chair. It is a combination of sculpting and dance!!!

BODYJAM: Most Levels An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat..

Stretch & Groove: Beginner/ Intermediate This class is fun, light hearted and easy to follow. Combining dance for a light cardio workout with stretching to promote flexibility.

Belly Dance for Beginners: Belly Dance is an excellent for weight loss , trimming your waist line & a great mood enhancer!

Group Fitness Etiquette:

- Please arrive early and introduce yourself to instructor if you are new to class.
- Please let your instructor know if you are expecting or if you need special modifications.
- **In order to prevent injury, it is our policy no one is to enter class once warm up has been completed.**
- New to Cycle? Please arrive early and ask to be set up properly on bike. No one will be permitted into Cycle once class starts.
- Please turn off cell phones & pagers or put on vibrate mode. If you need to take a call, please do so in the hallway.
- Please place all personal belongings in lockers..
- Please bring water bottle & towel to cycle classes.
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Class Schedule Change Policies:

- Classes will be cancelled due to lack of participation, unavailability of instructors, when instructor trainings or special events are scheduled, or to make room for new programs as needed.
- Special holiday schedules may apply.
- The schedule may change due to an emergency.



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Hours of operation:
Mon . Thurs 5:00am . 11:00pm
Friday 5:00am . 11:00pm
Sat & Sun 7:00am . 7:00pm

Please visit our website for more
Scheduling and facility details
www.rwjfitnessnewbrunswick.com

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