

Adult Wellness Schedule

Summer 2014
June 23rd - August 17th

79 Maple Street
Summit, NJ 908-273-4242

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|---|
| MORNING | | | | | | |
| 7:30 – 8:45 Inspirational Yoga (Paula F.) 8:15 - 9:10 FIT (Sangeeta) | 6:30 – 7:30 Gentle Stretch Yoga (Bridget) 8:15 – 9:10 Pilates (Sangeeta) | 7:30 - 8:45 Gentle Flow Yoga (Rosalee) 8:15 - 9:10 Total Body Workout (Mila) | 7:30 – 8:45 Inspirational Yoga (Paula) 8:15 - 9:10 Cross-Training (Ro) | 6:30 – 7:30 Gentle Stretch Yoga (Bridget) 7:30 – 8:30 Pilates Combo (Mila) 8:15 - 9:10 LSC (Neil) 9 – 10:25 Alignment Yoga 1/2 (Anita) | 7:30 – 8:55 Vinyasa Yoga (Rachel/ Rosalee) | 7:30 -8:55 Yoga Mix (Rotation) |
| 9:15 – 10:10 Low-Impact Aerobics (Ro) | 9:15 – 10:10 Cardio Kickbox & More (Sangeeta) | 9:15 - 10:10 Interval Training (Neil) | 9:15 - 10:10 Barre Sculpt (Kristin) | 9:15 – 10 :10 FIT (Neil) 10:30 – 11:55 Alignment Yoga 2/3 (Anita) | 9 – 10 Cardio/Sculpt (Judy) Barre Sculpt (Kristin) 10 – 11 ZUMBA | 8:00-9:00 Cross Training (Rotation) 9 – 10 Yoga/Pilates (Jana) 10 – 11 Yoga All Levels (Jana) |
| AFTERNOON | | | | | | |
| | 2:15 - 3:15 *Strength Training for Osteoporosis (Heather F.) R MD Clearance Required | | | | | |
| EVENING | | | | | | |
| 4:45 - 5:30 LSC (Aleda) 5:30 – 6:30 Cross Training (Aleda) 5:45 – 6:45 Yoga All Levels (Jana) 6:30-7:30 Zumba R (Bianca) 6:45 – 7:45 Yoga/Pilates (Jana) 7 – 8:15 Tai Chi R (Earl) 7:30 – 9:00 All That Jazz R (Bianca) 7:45 – 9 Chakra Yoga (Bridget) | 5:30 – 6:30 Yoga All Levels (Jana) Cardio Blast (Gale) Barre Sculpt (Kristin) 6:30 – 7:30 Cardio/Sculpt (Judy) Ballet/Floor Barre (Mia) R 6:30 – 7:45 Alignment Yoga 1/2 (Anita) 7:30-9:00 Belly Dance R (Marta) Intermediate Ballet R (Mia) | 5:30 – 6:30 Cross-Training (Aleda) 6:30 – 7:30 ZUMBA (Bianca) 6:45-7:45 Sculpt/Core (Judy) 7 - 8:15 Restorative, Breath & Meditative Yoga (Sangeeta) 7:30-9:00 Beginner Ballet R (Heather) 7:45-8:45 Tap R (Angela) | 4:30 – 5:30 Chair Yoga (Jana) 5 – 6 Zumba (Kristin) 5:30-6:30 Yoga/Pilates (Jana) 6 - 7 FIT (Neil) 6:30-7:30 Karate Beg. R (Darren) 7 – 8:15 Candlelight Relaxation Yoga (Laura) 7:30-8:30 Karate Inter. R (Darren) | 5 – 6 Yoga All Levels (Jana) 6:15 – 7:15 ZUMBA Toning (Bianca) 7:15 – 8:30 Tai Chi R (Earl) | | |
| | | | | CLASSES ARE FREE FOR TOTAL FACILITY MEMBERS R – These classes require registration | | |

Alignment Yoga Tu 6:30p; F 9a; 10:30a

Taught in Iyengar tradition using alignment principles and props to explore maximum benefit and understanding.

All That Jazz M 7:30p

A dance class that is energetic and fun consisting of unique moves, big leaps and quick turns.

Ballet Beg. W 7:30p; Int. Tu 7:30p

Fundamental ballet technique is taught to improve strength, tone and flexibility.

Ballet Floor Barre Tu 6:30p

A combination class - taught on the floor, at the barre and across the floor. Beginner techniques, combinations will be taught. No prior ballet experience necessary.

Barre Sculpt Tu 5:30p; Th 9:15a, Sa 9a

Integrates the fat burning format of interval training, the muscle shaping technique of isometrics, and the elongation principles of dance conditioning in one class.

Belly Dancing Tu 7:30p

Belly up to the barre! Blending many cultural styles, this dance of female expression is based on the ways a woman moves.

Candlelight Relaxation Yoga Th 7p All Lev

Enjoy a calming gentle yoga class with the soothing ambiance of candlelight to enhance your asana, meditation and Nidra (deep relaxation) practice.

Cardio Blast Lev 2 Tu 5:30p

A mix of cardiovascular activity and contemporary choreography.

Cardio, Kick Boxing Lev 2/3 Tu 9:15a

Feel great with this all-over, stress-busting workout! Begins with a fun, heart-pumping, cardio kickboxing segment, followed by strength & toning on the mat.

Cardio/Sculpt Lev 2/3 Tu 6:30p; Sa 9 am

A fun and engaging combination of ½ hour sculpting with weights and ½ hour dance aerobics.

Chair Yoga Lev 1 Th 4:30p

Introduction to yoga and strength training, with an emphasis on safe body positions. Most of the stretches are done on or using a chair

Chakra Yoga All Lev M 7:45p

Explore and harmonize your natural energy centers with a rejuvenating and relaxing yoga class using poses, visualization, breath work, music and meditation.

Cross-Training Lev 2/3 M 5:30p; W 5:30p; Th 8:15a; Su 8a

Challenging, fun and produces results. STEP, intervals, aerobic combinations, body sculpting with weights and floor work.

F.I.T Lev 3 M 8:15a; Th 6p; F 9:15a

Functional Interval Training. Practical strength and endurance training with resistance equipment. Improve core strength, coordination, balance, stability and stamina.

Gentle Stretch Yoga Lev 1 Tu 6:30a; F 6:30a

Designed for therapeutic and rehabilitative purposes. Slower-paced and modified exercises and poses.

Gentle Flow Yoga All Levels W 7:30 a

A new gently paced yoga class linking breath and movement, designed to improve flexibility, build strength and relax the mind through moving meditation.

Inspirational Yoga Lev 1 M 7:30a; Th 7:30a

A slower paced class than gentle stretch yoga that incorporates yoga moves with emphasis on stretching, joint flexibility and improving range of motion in joints

Interval Training Lev 2 W 9:15a

Cumulative sets of specific timed intervals of cardio and strength training

Karate Beg. Th 6:30p; Int. Th 7:30p

Develop mental discipline, coordination, flexibility, self-defense skills, strength and poise. Intermediate participants must have at least a yellow belt.

Low-Impact Aerobics All Lev M 9:15a

Warm-up, 20-30 minutes of low-impact aerobics, resistance muscle work with weights, floor work and stretching

LSC (Lite Strength Conditioning) Lev 1 M 4:45p; F8:15a

A light weight workout includes warm up, variety of equipment for strength, balance work and modified core strengthening. Individual adjustments can be made to increase your workout.

Pilates All Lev Tu 8:15a

Precise, effective movements strengthen the mind-body connection for all levels. Develop long, strong, supple muscles, increase stamina and reduce fatigue.

Pilates Combo All Lev F 7:30 a

Based on the theory of controlled movements, engaging the mind and body to strengthen your abs & back. Participants use yoga mats, Pilates Rings, Stability Balls, light weights and ballet barre to build strong core muscles, while reinforcing correct body alignment and proper breathing.

Restorative, Breath & Meditative Yoga All Lev W 7p

This new yoga class incorporates several yoga traditions of breath work, longer releasing poses, and meditation to allow for deeper relaxation, mental and emotional exploration and insight, and personal growth. Modalities include singing bowls, chakra systems and inspirational readings. Open your heart and mind to a new journey.

Sculpt/ Core Lev 2 W 6:45p

Use lights weights to sculpt and tone standing, followed by floor work to strengthen and deepen core muscles.

Strength Training for Osteoporosis Level 1 Tu 2:15p

Learn to exercise safely in order to strengthen muscles and bones, improve posture, and enhance balance. Work with free weights, bands, and tubing. It will teach you how to modify exercises and which are unsafe. *WRITTEN Physician's Clearance REQUIRED to be submitted to instructor at first class.*

Tai-Chi All Lev M 7p; F 7:15p

Feel inner energy flow through your body. Unite mind, body and spirit through productive and healthy self-expression.

Tap W 7:45p

Learn the fundamentals of tap technique while getting a fabulous workout.

Total Body Workout All Lev W 8:15a

The Total Body Workout is great to stay fit, healthy, and energetic. Rather than focus on the same muscle group every time, dynamically changing routine concentrates on your body as a whole.

Vinyasa Yoga Lev 2/3 Sa 7:30a

A strength building yoga class moving from posture to posture including sun salutations.

Yoga All Lev. M 5:45p; Tu 5:30p; F 5p; Su 10a

Combination of Hatha and Iyengar yoga. Exercise and postures with rhythmic breathing to stimulate, tone and relax the body to promote well-being.

Yoga/Pilates Lev 2 M 6:45p; Th 5:30p; Su 9a

Combination class focusing on strengthening abdominal and back areas.

Yoga Mix All Lev Su 7:30a

Experience different styles of yoga weekly with a select rotation of instructors.

ZUMBA M 6:30p; W 6:30p; Th 5p; Sa 10a

A Latin-inspired, dance fitness class incorporating Latin and International music and dance movements, creating a dynamic, exciting, and effective fitness system! Sneakers recommended.

ZUMBA TONING F 6:15p

Blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. Sneakers recommended.

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| Class Levels: | |
| 1 – Low Intensity: | Yoga - Basic beginners or no experience |
| 2 – Moderate Intensity: | Yoga -Experienced in discipline, building strength/flexibility |
| 3 – High Intensity: | Yoga -Personal practice, refine understanding, possible inversion work |