

## GROUP FITNESS WINTER CLASSES January 2, 2012 – April 1, 2012

| Time       | Class              | Instructor |
|------------|--------------------|------------|
| 6:00 a.m.  | SPINNING           | Greg       |
| 8:30 a.m.  | R.E.F.I.N.E.       | Rachel     |
| 9:30 a.m.  | SPINNING           | Carol      |
| 9:30 a.m.  | GROUP POWER        | Kara       |
| 10:30 a.m. | Pilates Mat        | Carol      |
| 12:00 p.m. | (45 min)  SPINNING | Darlene    |
| 5:15 p.m.  | Hard Core          | Shay       |
| 5:30 p.m.  | ZUMBA              | Alison     |
| 6:30 p.m.  | Cardio Boot Camp   | AJ         |
| 6:30 p.m.  | SPINNING           | Rachel     |

Monday

| Time       | Class                 | Instructor |
|------------|-----------------------|------------|
| 6:00 a.m.  | SPINNING              | Nikki      |
| 8:30 a.m.  | SPINNING              | Rachel     |
| 8:30 a.m.  | Boot Camp             | Tom        |
| 9:30 a.m.  | BARRE TONE            | Carol      |
| 9:30 a.m.  | SPINNING              | Sue        |
| 10:30 a.m. | Pilates Ring          | Carol      |
| 12:00 p.m. | R.I.P.P.E.D (45 min)  | Darlene    |
| 5:15 p.m.  | Hard Core (15 min)    | Pasquale   |
| 5:30 p.m.  | Cardio Cross Training | Sue        |
| 6:30 p.m.  | Yoga                  | Marty      |

Thursday

|            |                      |         |
|------------|----------------------|---------|
| 6:00 a.m.  | SPINNING             | Kara    |
| 8:30 a.m.  | Cardio Boot Camp     | Tom     |
| 9:30 a.m.  | Kickboxing           | Marit   |
| 9:30 a.m.  | SPINNING             | Rachel  |
| 10:30 a.m. | R.E.F.I.N.E.         | Rachel  |
| 12:00 p.m. | Pilates Mat (45 min) | Cindy   |
| 5:30 p.m.  | GROUP POWER          | Linda   |
| 6:30 p.m.  | R.I.P.P.E.D          | Barb    |
| 6:30 p.m.  | SPINNING             | Nikki   |
| 7:30 p.m.  | Yoga                 | Jessica |

Tuesday

|            |                          |         |
|------------|--------------------------|---------|
| 6:00 a.m.  | SPINNING                 | Greg    |
| 6:00 a.m.  | Cardio Boot Camp         | Kara    |
| 8:30 a.m.  | GROUP POWER              | Linda   |
| 8:30 a.m.  | SPINNING                 | Rachel  |
| 9:30 a.m.  | ZUMBA                    | Alison  |
| 9:30 a.m.  | SPINNING                 | Carol   |
| 10:30 a.m. | Yoga                     | Jessica |
| 12:00 p.m. | Total Body Cond. (45min) | Rachel  |

Friday

|            |                     |         |
|------------|---------------------|---------|
| 6:00 a.m.  | GROUP POWER         | Kara    |
| 7:00 a.m.  | SPINNING            | Celeste |
| 8:30 a.m.  | Total Body Cond.    | Rachel  |
| 9:30 a.m.  | Cardio Boot Camp    | Sue     |
| 9:30 a.m.  | SPINNING            | Kara    |
| 10:30 a.m. | Yoga                | Jessica |
| 12:00 p.m. | Body Blast (45 min) | Rachel  |
| 5:30 p.m.  | GROUP GROOVE        | Barb    |
| 6:30 p.m.  | BARRE TONE          | Rachel  |
| 6:30 p.m.  | SPINNING            | Greg    |

Wednesday

|            |             |       |
|------------|-------------|-------|
| 8:15 a.m.  | GROUP POWER | Kara  |
| 8:15 a.m.  | SPINNING    | Nikki |
| 9:30 a.m.  | Tuba Kick   | Jen   |
| 9:30 a.m.  | SPINNING    | Ken   |
| 10:30 a.m. | Pilates Mat | Cindy |

Saturday

|            |              |              |
|------------|--------------|--------------|
| 8:15 a.m.  | GROUP POWER  | Linda        |
| 8:15 a.m.  | SPINNING     | Kara         |
| 9:30 a.m.  |              | Greg/Darlene |
| 9:30 a.m.  | GROUP GROOVE | Barb         |
| 10:30 a.m. | Yoga         | Karin        |

Sunday

| MORRIS PLAINS HOURS | HEALTH CLUB            |                        |
|---------------------|------------------------|------------------------|
| CHILDCARE:          |                        |                        |
| MON – THURS:        | 5:00 a.m. – 10:00 p.m. | 8:30 a.m. – 10:00 p.m. |
|                     |                        | 4:30 p.m. – 8 p.m.     |
| FRIDAY:             | 5:00 a.m. – 9:00 p.m.  | 8:30 a.m. – 1p.m.      |
| SATURDAY:           | 6:00 a.m. – 5:00 p.m.  | 8:00 a.m. – 12:00 p.m. |

TRY SOMETHING NEW



### CLASS DESCRIPTIONS

Please contact Rachel Polk, Group Fitness Director, at [rpolk@parisiusa.com](mailto:rpolk@parisiusa.com) with questions or for additional information.

**Barre Tone:** Total body workout which uses small isometric movements to tone your body. It is intelligent exercise that uses light weights with lots of repetitions with no bouncing or jumping. A bar and wall are used for standing sculpting exercises. The goal is to firm your abs, tighten your seat and define your arms.

**Body Blast:** Fusion of plyometrics, old school calisthenics & cardio moves.

**Boot Camp:** Blast the fat and tone your muscles. There is no complicated choreography, and high intensity cardio and functional training is guaranteed to give you a total body workout.

**Cardio Cross Training:** High intensity workout which incorporates cardio and weights to give you a great workout.

**Hard Core:** Meet in the Main Studio for a 15-minute extremely focused workout devoted to strengthening your core.

**Group Groove:** Body Training Systems Group Groove combines fitness & dance in the class setting that makes you feel like you are just out having a great time, not working out at all! It combines Club, Latin & Urban music that gets you moving for a fun, efficient, 60 minute cardio workout.



\*\*\*Please arrive on time. This is a pre-choreographed class.

**Group Power:** Strengthen all your major muscles in this barbell program. Simple athletic movements such as squats, lunges, presses and curls are performed in an inspiring, motivating group environment with fantastic music. This class is for everyone. You'll discover amazing results in your hour of power!



\*\*\*Please arrive on time. This is a pre-choreographed class.

**Kickboxing:** Punch, jab and kick your way to fitness. Experience strength and cardiovascular conditioning in this class designed for all fitness levels.

**R.E.F.I.N.E.:** A Total Body Conditioning class with using light weights, your own body weight, lots of repetition, minimal rest, and maximum commitment to challenge the entire body.

R is for repetitions

E is for entire body

F is for functional

I is for integration

N is for non stop (minimal rest)

E is for effective, exceptional exercises

**R.I.P.P.E.D.:** "Experience this total body "plateau proof" workout, utilizing weights and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective."



Take outdoor riding indoors in this group cycling class. It's a non-impact workout and will burn an average of 500 calories per class. A water bottle and towel are mandatory. First time riders, please arrive 10 minutes early to meet your instructor and learn proper bike setup.

**Strength Fusion:** A full body workout that may use dumbbells, barbells, tubing and/or balls. This complete workout strengthens and tones muscles for beginner through advanced exercisers.

**Pilates Mat:** Focus on the "powerhouse" (abdomen, lower back and buttocks) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body.

► **Pilates Reformer Training:** Improve your balance, flexibility and strength for your whole body using this system of exercises and specialized equipment. Contact Rachel Polk at [rpolk@parisiusa.com](mailto:rpolk@parisiusa.com) or (973) 206-0410 for more information. Registration and fee required.



**Pilates Ring:** Structured around the Pilates principals, this class will work your core as well as your whole body. It will strengthen and define your muscles using traditional pilates moves and the pilates ring

**Total Body Conditioning:** A full body workout that incorporates weights, bands, and may contain segments of cardio. Burn calories and help strengthen and tone muscles for beginner through advanced exercisers. Turbo

**Turbo Kick:** A high-energy, kickboxing style workout appropriate for all fitness levels. Combining punches and kicks with cardio drills and plyometrics, this workout will leave you energized!"

**Yoga:** Get in tune with your body, and feel a sense of well-being in this ancient form of movement. Strengthen tone and stretch your body, and enhance and inspire relaxation.

**Zumba:** Dance your way to a fitter you!!



Experience exciting and unique Latin moves and rhythms in this class that is taking the world by storm. Ditch the workout and join the party!

### SPINNING® POLICIES:

- ⇒ Reservations are required for Spinning® classes. You may reserve your bike by phone or in person no earlier than 1 p.m. the day before the
- ⇒ Attendance will be taken 5 minutes prior to class start time. You must be physically present on the bike during that time or your spot will be forfeited even if your name is on the list.
- ⇒ If you cannot keep your reservation, please call to cancel at least 30 minutes prior to class time, allowing another member to reserve the bike. Failure to cancel 3 times will result in loss of reservation privileges.
- ⇒ Spinning bike pedals are SPD-compatible.

### CLASS SCHEDULE & ATTENDANCE POLICIES:

- ⇒ The class schedule is subject to change. Please check the schedule at the front desk or visit [www.parisiusa.com](http://www.parisiusa.com) for updates.
- ⇒ On holidays, the regular schedule will be adjusted and posted.
- ⇒ We reserve the right to cancel any class due to insufficient attendance.

### GUIDELINES FOR GROUP FITNESS CLASSES:

- ⇒ A water bottle and towel are recommended for all classes.
- ⇒ Let your instructor know if you are new to group fitness or if you have any limitations relevant to the workout.
- ⇒ First time Spinning® students should arrive 10 minutes early to allow for proper bike setup and instruction.
- ⇒ In order to prevent injury, please do not enter a class in progress after the warm-up has been completed or leave before properly stretching and cooling down.
- ⇒ Please do not talk during class. It is distracting to other students and to your instructor.
- ⇒ All cell phones MUST be turned OFF during class.
- ⇒ Only dry, clean sneakers are allowed in the fitness studios. Closed athletic shoes are required for all classes EXCEPT Pilates and yoga.
- ⇒ Please, no gum chewing during class.
- ⇒ Excessive perfume or cologne is bothersome to other class participants.
- ⇒ Our instructors do their very best to commit to their regularly-scheduled classes, but occasionally they require substitutes. Please be understanding of this situation.