

**Effective 8-20-2010**

# GROUP FITNESS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>MORNING</b>	5:45am BODYPUMP RACHEL	8:00am YOGA II GISELLE	5:45am BODYPUMP RACHEL	8:00am YOGA II GISELLE	6:45am BODYPUMP KATIE	8:00am *KETTLE CIRCUITS JUAN PRE-REQUISITE REQUIRED	
		9:00am BODY SCULPT ANGELA	8:00am PILATES ENITA	9:00am BODY SCULPT ANGELA		8:30am YOGA I GISELLE	8:00am BODYPUMP DONNA INNIS
	9:00am PURE STRENGTH DONNA O'SHEA	9:30am BODYPUMP KATIE	9:00am PURE STRENGTH DONNA O'SHEA	9:15am ZUMBA ANNE	9:00am ULTIMATE WORKOUT DONNA O'SHEA	9:30am BODYPUMP RACHEL	10:00am YOGA HEIDI
	9:30am PILATES DEB (SQUASH COURT)			10:15am BODYPUMP KATIE		10:00am *BODY CIRCUITS JUSTIN	
<b>EVENING</b>	4:30pm KICKBOX ERICA	4:00pm YOGA II GISELLE	4:00pm PILATES ERICA	4:00pm YOGA I GISELLE		<b>OFFICE: (609) 926-9550</b> <b>FAX: (609) 926-6393</b> <a href="http://www.greatebayracquetandfitness.com">www.greatebayracquetandfitness.com</a> <b>CLUB HOURS OF OPERATION</b> Monday -Thursday 5:00 am - 10:00 pm Friday 5:00 am - 9:00 pm Saturday & Sunday	
	5:30pm ZUMBA ANNE		5:00pm BODYPUMP GINA				
	5:30pm *BODY CIRCUITS JUSTIN	6:00pm TOTAL BODY WORKOUT ROBIN / DENYNE	5:30pm *BODY CIRCUITS JUSTIN	5:15pm PILATES PLUS ENITA	5:30pm BODYPUMP GINA / RACHEL		
	6:45pm YOGA I Tonya		6:45pm YOGA I Kim	6:15pm BODY SCULPT ANGELA			

## SPINNING SCHEDULE

<b>MORNING</b>	5:30am DENYNE BENNETT		5:30am JOE DUGAN		5:30am DEB MAZZEO	7:30am CINDY BERGES	7:45am DENYNE BENNETT
		9:30am BONNIE SLOTA	8:00am *DONNA O'SHEA	9:30am JENN MCHUGH		9:30am DEB MAZZEO	9:00am JOHN VERSAGGI
<b>EVENING</b>	10:00am *DONNA O'SHEA				10:00am BONNIE SLOTA	<b>CHILD CARE HOURS</b> MONDAY-SATURDAY 8:00 - 11:30 AM MONDAY-THURSDAY 4:00-7:30 PM	
	5:30pm TONYA DINOFRIO		5:30pm DENYNE BENNETT		5:30pm JOE DUGAN		
		5:45pm CINDY BERGES		5:45pm RACHEL MATTERA			

Greate Bay Racquet & Fitness · 90 Mays Landing Road · Somers Point · NJ 08244

*It's always a Greate day at Greate Bay! <sup>sm</sup>*

\* Limited space, active members only

# Class Descriptions

**BODYPUMP** - Ready to change the shape of your body - fast!! Participants are led thru a 60 minute workout that challenges all your major muscle groups by using the best weight-room exercises like- squats, presses, lifts and curls. Burn up to 600 calories per class for fat loss. Improve your strength. Improve your bone density - challenge yourself. This class is designed for all fitness levels and ages.

**ZUMBA** - If you enjoy shaking your hips to a Latin beat, you'll love this workout! Mambo or cha cha anyone? Suitable for all fitness levels - no partner needed.

**YOGA I** - Designed to enhance vitality and a sense of well being, this workout will help participants gain improved flexibility, balance, strength and posture. The class will borrow from each instructors experience and may incorporate basic poses from various Yoga styles. Suitable for beginners.

**YOGA II** - Once you have mastered Yoga I, now is the time to move on to Yoga level II challenge. Intermediate to advance levels are welcome.

**SPINNING** -Participants will enjoy an athletic and authentic cycle ride. With driving music and great drills, we bring your outdoor cycling experience indoors. Please arrive 5 minutes early to guarantee your spot. **Bring a towel & water.**

**PILATES** - A workout designed to develop core strength and coordination thru body alignment and correct breathing. Participants will enjoy improvements in posture and overall toning.

**PILATES PLUS**- Offers all the benefits of Pilates in addition to integrating props, such as balls, bands, tubing, or rollers, for a challenging and exciting and exciting twist.

**BODY SCULPT** - A continuous flow of conditioning exercises designed to target individual muscles groups focusing on strengthening, toning and defining. Incorporate steps, dumbbells, bands, body bars, and various resistance equipment to keep workouts exciting and fun.

**ULTIMATE WORKOUT**- The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout expenditure. Combine this workout with spin for your ultimate workout experience.

**PURE STRENGTH** - A complete body conditioning class. All muscle groups are utilized in this functional and constant motion class.

**BODY CIRCUITS**— The ultimate class for the circuit training enthusiast. Challenge all areas of fitness, from cardiovascular to muscular endurance, and agility to core strength. Explore the benefits of incorporating functional training to your routine.

**KETTLE CIRCUITS**— Kettlebell concepts with functional movements and high energy cardio.  
Pre-requisite: must have knowledge of basic movements; the swing, snatch, get-up, clean & squat.

**KICKBOXING**— Mix up your routine with the flexibility and strength building moves of kickboxing. You'll enjoy a high intensity workout and the opportunity to burn 300-600 calories. Most suitable to participants of medium to high fitness levels. Newcomer's welcome—please let the instructor know you're new to the kickboxing experience.