
AQUA

AQUA FIT: Combines a little of everything to increase cardio respiratory efficiency and *Core Strength*.

AQUA YOGA: Find your Zen in the pool.

AI CHI: Relaxation exercises using concepts of tai chi, shiatsu & qigong.

AQUA SCULPT: Use dumbbells, paddles, noodles, weighted balls, to concentrate on strength training and balance. All levels welcome.

AQUA ARTHRITIS: Arthritis Foundation Aqua Program – warm water therapy- great for anyone from rehab or with any type of arthritis or range of motion issues.

AQUA ZUMBA: Take your Zumba moves to the pool!!

CARDIO CROSS: Cardio and toning intervals in the cool water pool.

CARDIO CONDITIONING: Work on your *Cardio Respiratory* efficiency by focusing on cardio endurance throughout the class.

CARDIO

BOOTCAMP- Weights, cardio, stations, prepare to work hard and sweat plenty. Each week brings new challenges.

BOXING: Go a round with the heavy bag in this workout using jump ropes and focus mitts. Hand wraps and gloves required.

CARDIO KICKBOX: Rhythmic cardio movements set to music using punches and jabs. No experience necessary.

CARDIO EXPRESS: 30 minutes of moderate-impact cardio.

COREBAR: Total body, interval based cardio and conditioning workout. Use a weighted bar, stay grounded or Jump!

DRUMS ALIVE: A fitness class that combines drumming and movement.

FAT BURNER FRIDAY- An energetic, upbeat aerobics class that promises to get your body moving.

GET ACTIVE: Burn fat and tone your body with this blend of cardio and strength-training moves using a variety of equipment such as: steps, resistance bands, and weights. All levels welcome!

HI-LO/HI-LO RETRO- Cardiovascular training for all levels of fitness enthusiasts! Retro class beats to the 70's and 80's.

STEP360: Welcome to the new generation of Step. This class has all the step moves on an unstable surface.

STEP & SCULPT: This step class combines easy yet effective cardio routines along with resistance work to sculpt all muscle groups. All levels welcome.

ULTIMATE FITNESS: This total body workout is designed to work on basic pillars of fitness: *Strength, Cardio Vascular Fitness, Balance and Flexibility*.

CYCLE

CYCLE: Join Johnny G-certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rate throughout the 5 energy zones. **All Levels.**

Your First Ride: Learn the basics of indoor cycling. Proper bike–set up and heart rate training will be introduced. This individually paced training session is ideal for beginners.

DANCE

BALLROOM DANCE: Learn the basics of ballroom dance – Waltz, Swing, Foxtrot, Tango, Salsa and other Latin rhythms. Couples & singles welcome. No partner needed.

BELLY DANCING: Move your body while learning about isolation and traditional movements of belly dance.

HOUSE PARTY FITNESS- is a dance fitness cardio Hip-Hop (old and new school), including Ragga, House, Top 40, R&B, Electronic and Reggaeton.

HIP HOP- This class is an addictive fusion of the latest urban dance styles. It makes sweating fun!

LaBlast Series- This class takes all the fun of a regular LaBlast class and adds a different focus each time: LaBlast Fitness, or the softer dances of SILK, or the Fitness elements of SHAPE, or even LaBlast Line Dancing. Come to class and have a different experience each time!

LINE DANCE: It's not all about country in this fun, energetic dance class. Discover the new dance in town.

SHADES OF DANCE: Showcases different dance fitness programs, including Zumba, Traditional Salsa, Lablast, and Ballet! Join us for a Potpourri of the best dance repertoire we have to offer!

ZUMBA@: This class is a mixture of Latin and international music incorporating body sculpting movements and easy to follow dance steps.

ZUMBA@ GOLD: The lighter side of Zumba!

ZUMBA@ TONING: This class takes all the fun of Zumba and adds the Zumba Shakers to add light resistance to the cardio workout!

MIND-BODY

CHAIR YOGA & BALANCE- Experience Yoga poses with the assistance of a chair.

FELDENKRAIS: Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. **All Levels.**

FLOW & RESTORE YOGA- This Yoga class is the best of both worlds- 30 minutes of a strength and balance-building slow flow Vinyasa class followed by 30 minutes of a relaxing and healing, restful and stretching practice.

GENTLE PILATES- This Pilates class takes a more gentle approach to the fundamental Pilates exercises.

GENTLE YOGA: Enjoy the poses taught in a slower, more relaxed manner. Chairs provided if needed.

HATHA YOGA: Come away with a sense of well being through this ancient form of movement that promotes balance, flexibility, strength and relaxation.

PILATES MAT: This full-body workout improves your posture and your core strength.

POWER YOGA: Experience the dynamic breathing and strong challenging pace building on traditional yoga postures. This form of yoga builds stamina and tremendous mental focus. This class is for the advanced practitioner.

RESTORATIVE YOGA: A slower-paced Yoga class which uses bolsters and blankets for passive stretches.

SLOW FLOW POWER YOGA: An unhurried power flow focused on mindful breathing and movement. Progressive sequencing, variations and alignment tips offer students of all levels an opportunity to build and cultivate strength and flexibly.

Stretch It- This class teaches new and different stretching techniques to help improve functionality and performance in activities of our daily lives. We accomplish this by using foam rollers, tennis balls, dynamic and static movements.

TAI CHI: Discover complete harmony of the mind and **body** while performing graceful, fluid and well-balanced movements. Long and short forms taught.

ADVANCED TAI CHI: Continuation of Tai Chi, focusing on more advanced moves.

VINYASA YOGA: A flowing style of yoga that works on connecting the breath with the movement of the body. Can include challenging poses, Yoga experience preferred.

YIN YOGA: Move the stretch from the muscles to the ligaments, tendons and joints. Slow -moving and challenging. Poses are held longer.

STRENGTH, RESISTANCE

BARRE-LESS: Rock your body with muscular endurance, cardiovascular endurance and dynamic flexibility. All Levels

Build It: Light Toning class for the whole body.

CORE CONDITIONING- An express class of exercises for your entire core area.

CSC: Cardio, Strength, and Core- 20 minutes of each...and 20 minutes will be all you need!

FUN ON THE BALL/SCULPT: Core training using the stability ball to tone, sculpt, balance and strengthen the entire body.

PILATES at the BARRE: A class that employs Pilates fundamentals with the assistance of the barre.

SCULPT EXPRESS: 30 minutes of compound sculpting exercises.

SENIOR CORE BALANCE: Improve your balance while increasing strength using bands, balls and weights. Seated and standing exercises will be done.

STRAIGHT-UP STRENGTH: Sculpt your entire body with this effective workout using both body resistance and weights.

TONING at the BARRE: Barre exercises done to create a longer, stronger, leaner you, using ballet moves as well as lower body stretches and exercises.

VBarre- is designed to tone, trim, and transform the body with a fusion of ballet, Pilates, and resistance training by blending dynamic movements with motivating music.

The WillPower Method® -combines alignment-based movements from Pilates® and yoga with strong, athletic calisthenics and dance principles; yielding safe, efficient workouts for students of all levels.

LES MILLS CLASSES

BODY COMBAT: Mixed Martial Arts and Boxing come together in this fast paced, fun workout!

BODYJAM™-Dance in the dark to today's greatest hits!

BODYPUMP™ This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

BODYSTEP™ is the step workout that uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high

gear followed by muscle conditioning tracks that shape and tone your body.

BODYVIVE™- is Cardio, Resistance and Core work all in one.

GRIT™- This Les Mills class delivers a powerhouse *Cardio, Plyometric and Strength Training* workout in 30 minutes!

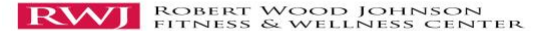
Group Fitness Etiquette:

Please introduce yourself to the instructor if you are new to group exercise. In order to prevent injury, please do not enter a class already in session, or leave before stretching or properly cooling down.

- Please turn off cell phones 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 sign in and get a ticket for Boxing, & Cycle classes
- Please bring water bottle & towel to cycle classes.

Class Schedule Change Policies:

- Classes will be cancelled due to lack of interest, when instructor trainings or special events are scheduled, or to make room for new programs as needed.
- **A minimum of 3 participants must be present for class to be held.**
- Special holiday schedules may apply.
- The schedule may change due to an emergency.



3100 Quakerbridge Road
Mercerville, NJ 08619
(P) 609-584-7600, (F) 609-584-7633

Hours of operation:
Mon-Fri 5:00am – 11:00pm
Sat & Sun 7:00am – 7:00pm

Daycare Hours

Monday – Thursday 8:30 am – 2:00 pm/ 2:30 – 8:30 pm
Friday 8:30 am – 2:00 pm/ 2:30 – 7:00 pm

Saturday 8:00 am – 3:00 pm
Sunday 8:30 am – 1:00 pm

Family Swim Hours

Saturday 3:00 pm – 5:00 pm
Sunday 3:00 pm – 5:00 pm

**Please visit our website for more
Scheduling and Facility Details**
www.rwjhamiltonwellness.com