

# MONDAY

5:30	Advanced Training!	Joe (A)
6:30	Sunrise Yoga	Jeff (B)
7:00	Interval Training	Barbora (A)
8:00	Maximum Effort	Barbora (P)
8:30	Flexibility	Leela (B)
*8:30	Zumba	Jane (A)
9:00	Hard Drive	Christine (B)
9:30	Strong Step	Kathy (A)
9:30	H2Obics	Karen (P)
*9:30	The Ride	Wendy (RC)
10:00	Vinyasa Yoga	Mary S. (B)
60 min		
10:30	Core & More	Kathy (A)
10:30	Water Running	Karen (P)
11:15	Flexibility Plus	Mary S. (B)
12:00	Chair Yoga	Penelope (A)
*4:30	Body Pump	Mary S. (A)
4:30	Slow Flow Yoga	TBA (B)
5:30	Awesome Abs	Mary S. (A)
*6:00	Zumba	Amanda (A)
*6:30	The Ride	Joe (RC)
6:30	Awesome Abs	Lorraine (B)
7:00	Below the Belt	Lorraine (B)
7:00	H.E.A.T.	Bryant (G)
7:30	Define & Refine	Lorraine (B)

# The Atlantic Club Group Exercise Schedule

Effective April 16, 2012

## TUESDAY

5:30	20/20/20	Tom (A)
*7:30	The Ride	Barbora (RC) <b>New!</b>
8:00	Pilates Mat	Carol (B)
*8:00	Body Pump	Kathy (A)
8:00	Maximum Effort	Patty (P)
9:00	Walking Workout	Pat W. (OT)
9:00	Cardio Jazz	Danny (B)
9:00	Quick Crunch	Kathy (A)
*9:15	Body Pump	Kathy (A)
*9:30	The Ride	Susie (RC)
9:30	Aqua Noodle	Lisa (P)
10:00	Tai Chi	Bob (B)
10:30	Circuit Training	Kathy P. (A)
11:00	Shake & Shape	Margaret (B)
11:30	Kripalu Yoga	Shawn (A)
*4:30	Zumba	Maryanne (A)
4:30	Vinyasa Yoga	Carrie (B)
*5:30	Body Pump	Karen (A)
5:30	Water Running+	Nan (P)
*6:00	The Ride	Wendy (RC)
6:15	Pilates Mat	Grace (B)
6:30	Cardio Caliente	Eduardo (A)
6:30	H.E.A.T.	Quoc (G)
7:30	Candlelight Yoga	Penelope (A)

## WEDNESDAY

*5:30	The Ride	Joe (RC)
6:30	Sunrise Yoga	Jeff (B)
7:30	Interval Training	Tom W. (A)
8:00	Maximum Effort	Christine (P)
8:30	Flexibility	Pat (B)
9:00	Hard Drive	Susie (A)
9:15	Cardio KickBox	Karen (B)
9:30	H2Obics	Christine (P)
*9:30	The Ride	Kathy (RC)
10:00	BOSU Blast	Susie (A)
10:30	Water Running	Anita (P)
10:30	Ashtanga Yoga	Mary S. (B)
11:00	Flexibility	Susie (A)
11:30	Gentle Yoga	Tom (A)
12:00	Lunch Box	Paul (G)
4:30	Interval Training	Kathy P (A)
5:00	Define & Refine	Lorraine (B) <b>New!</b>
5:30	Awesome Abs	Lisa (A)
6:00	Zumba (A)	Maryanne
6:00	Vinyasa Yoga	Stacey (B) <b>New!</b>
75min		
6:30	H.E.A.T.	RT (G)
*7:00	Body Pump	Joe (A)

## THURSDAY

5:30	Interval Training(A)	Tom
*7:45	Body Pump (A)	Anita
8:15	Cardio B.L.T.	Barbora (B)
9:00	Walking Workout	Pat W. (OT)
9:00	Quick Crunch	Margaret (A)
9:15	Active Rhythm	Margaret (A)
9:15	Core Strength	Lisa (B)
*9:30	The Ride	Pat (RC)
9:30	H2Obics	Anita (P)
*10:30	Body Pump	Mary S. (A)
10:30	Aerobics Lite	Kathy P. (B)
11:30	Restorative Yoga	Mary S. (B)
12:00	Chair Yoga	Penelope (A)
4:30	Vinyasa Yoga	Carrie (B)
*4:30	Zumba	Gina (A)
5:30	Water Running+	Lisa (P)
* 5:30	Body Pump	Wendy (A)
5:30	Boxing Skills & Drills	Paul (G) <b>New!</b>
45 min		
6:00	The Ride	Susie (RC)
6:15	IntenSati	Liz (B) <b>New!</b>
6:30	Cardio Caliente	Eduardo (A)
6:30	HEAT.	Joe G. (G)
7:15	Awesome Abs	Lorraine (B)
7:45	Gentle Yoga	Leela/Pat (B) <b>New!</b>

## FRIDAY

5:30	The Ride	Susie (RC)
5:30	Medicine Ball	Joe (A)
6:30	Sunrise Yoga	Jeff (B)
7:30	Interval Training	Christine (A)
8:00	Maximum Effort	Patty (P)
8:00	The Ride	Anita (RC)
8:30	Roll & Release	Pat (B)
9:00	Pilates Mat	Pat (B)
9:30	Strong Step	Kathy (A)
9:30	H.E.A.T	Susie (G)
*9:30	The Ride	Karen (RC)
9:30	H2Obics	Barbora (P)
10:00	Ballet Sculpt	Kathy P. (B)
10:30	Core & More	Kathy (A)
10:30	Water Running	Christine (P)
11:00	Flexibility	Kathy P. (B)
11:30	Gentle Yoga	Tom (A)
*4:30	Body Pump	Megan (A)
5:30	Vinyasa Yoga	Corinne (A)
*5:30	Zumba	Jen (B)

## SATURDAY

*8:00	Body Pump	Anita (A)
*8:00	The Ride	Carol (RC)
*8:00	Zumba	MaryAnne (B)
8:30	Flexibility	Lorraine (K)
9:00	Awesome Abs	Lorraine (B)
*9:00	Zumba	Michelle (A)
9:00	Water Running +	Christine (P)
*9:15	The Ride	Joe (RC)
9:30	Refine & Define	Lorraine (B)
45min		
10:00	Aqua Tai Chi	Lisa/Desirae(P) <b>New!</b>
10:00	Flow Yoga	Carrie (A)
75 min		
10:15	Interval Training	Christine (B)
11:15	Restorative Yoga	Penelope (A)
<b>SUNDAY</b>		
8:00	Pilates Mat	Pat (B)
<i>4th Sun. of month-On Ball</i>		
*8:00	The Ride	Stefan (RC)
*8:00	Zumba	Jocelyn (A)
9:00	Body Pump	Megan (A)
9:00	Cardio Core**	Lisa (B)
9:15	The Ride	Wendy (RC)
10:00	Zumba (B)	Gina
10:00	Flow Yoga	Corinne (A) <b>New!</b>
11:30	Basic Yoga	Penelope (A) <b>New!</b>
<b>**First Sunday of Month Cardio Core will be Piloxing</b>		

## SYMBOLGUIDE

- (A)** Aerobic Room A
- (B)** Aerobic Room B
- (RC)** Ride Center adjacent to gym
- (P)** Pool 1st Floor
- (K)** Kinesis Studio
- (OT)** Outdoor Trail
- (G)** Gym 2nd floor



Hi Heat Yoga Class



Sr. Fitness Friendly

Group Exercise Director,  
Christine Plisky  
732-223-2100 ext. 359.  
christinep  
@theatlanticclub.com

\* Please Note:  
Body Pump, The Ride &  
Zumba sign ups begin  
30 minutes prior to the  
start of class.  
Participants may sign  
up for themselves  
ONLY!

THE RIDE: Monday  
evening 6:30 class and  
Saturday morning class  
at 9:15am sign ups are  
held outside the gym.



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print schedules at  
[theatlanticclub.com](http://theatlanticclub.com)



## CARDIO CLASSES

**AEROBICS LITE** (60 min) Easy to follow low impact aerobics with strength segment. Great music & great fun suitable for any levels! **AL**

**ACTIVE RHYTHM** (60 min) Fun choreography containing jazz, hip-hop & dance moves geared to both beginners & advanced. **AL**

**CARDIO KICK BOXING** (60 min) A heart pounding, muscle pumping, fat burning, punching, kicking time. **IA**

**CARDIO CALIENTE** (60 min) Sizzle and shake in this HOT cardio experience! **AL**

**CARDIO CORE(AL)** (60 min) An intense cardio workout with an equally challenging core strength component. **AL**

**CARDIO JAZZ** (60 min) Come enjoy a new flavor of dance with a jazzy approach to a cardio workout. **AL**

**STRONG STEP** (60 min) A high-energy low impact step workout w/ strength intervals. Burn calories & build strength. **IA**

**THE RIDE** (60 min) Utilizes Schwinn Evolution Bikes.

Cycling intensity plus resistance training. Heart rate monitors strongly suggested. **IA**

**WALKING WORKOUT** (60 min) An outdoor fitness walking workout that will teach you how to work in your target heart range. Good for all ages and fitness levels! **AL**

**ZUMBA** (60 min) Latin dance featuring cardio & strength components. **AL**

## CARDIO/SCULPT CLASSES

**ADVANCED TRAINING** (60 min) This high energy class incorporates cardio & strength training. Includes sports conditioning exercises, core board & calisthenics. **IA**

**BALLET SCULPT** (60 min) A sculpting class built on the principals of ballet. Use the Body Bar to achieve strength and stability while focusing on posture and balance. **AL**

**BOSU BLAST** (60 min) Full body workout focused on intense core training utilizing the Bosu Balance Trainer and athletic training. **IA**

**BOXING SKILLS & DRILLS / LUNCH BOX** (45 min) A challenging athletic workout utilizing combination punching with heavy bags. Bring your own gloves. **AL**

**CARDIO B.L.T.** (60 min) Plyometric progressions, cardio and intense butt, leg & tummy intervals. **AL**

**CORE & MORE** (60 min) A total body strength class using the stability ball for core results. **AL**

**CORE STRENGTH** (60 min) The ultimate core conditioning workout. **IA**

**INTENSATI** (60 min) A practice for your body, heart and mind. This class combines aerobics, martial arts and endurance principles with positive affirmations. **AL**

**INTERVAL TRAINING** (60 min) Full body work-out concentrating on cardiovascular, muscle strength, endurance and flexibility, utilizing different exercise equipment. **AL**

**HARD DRIVE** (60) Same great class as interval training but geared toward the intermediate/advanced athlete **IA**

**SHAKE & SHAPE** (60 min) A gentle dance class which incorporates elements of strength and balance. **AL**

## MIND/BODY and FLEXIBILITY


**ASHTANGA YOGA** (90 min) This flowing, set, sequence of postures utilizes ujjayi breath and bandhas (energy locks) to increase muscular strength, flexibility, concentration. **AL**

**BASIC YOGA** (90 min) Intro to the basics of varying forms of yoga and meditation. Suitable for beginners-warm not hot. **AL**

**CANDLELIGHT YOGA** (90 min) Practice is influenced by body prayers, the holding of meditative postures & breath work. **AL**

**CHAIR YOGA** (60 min) Replaces yoga mat and allows one to take full advantage of yoga's amazing fitness and health potential. It helps to improve balance with the use of light weights, as well as stimulating circulation. **AL**

**FLEXIBILITY** (30 min) A relaxing class designed to stretch all of the major muscles. **AL**

 **FLOW YOGA** (90 min) Feel the strength and fluidity as you strengthen and lengthen your muscles while working on your flexibility, through a relaxing & challenging workout. **IA**


**ROLL & RELEASE** (30 min) Basic roller technique incorporating pilates stabilization and active muscle release. **AL**

**GENTLE YOGA** (60 min) A blissful hour of mind/body yoga with the primary focus on relaxing the mind. Traditional yoga asanas blended with meditative breathing. **AL**

**KRIPULA YOGA** (90 min) Meditative style yoga with emphasis on proper breath and alignment & the wisdom of the body. **AL**


**PILATES BASED MAT** (60 min) Learn a series of mat exercises that will improve strength, breathing, flexibility and balance. It creates a body that looks long and lean while keeping your powerhouse strong. **AL**

**RESTORATIVE YOGA** (90 min) Meditative style yoga with emphasis on breath, alignment and movement. **AL**

 **SLOW FLOW YOGA** (90 min) A vinyasa practice that focuses on quality transitions between postures and awareness of breath and mind. **IA**

**SUNRISE YOGA** (90 min) This gentle, yet powerful, class is a great start to your day. Begins slowly with mat work to wake the body. Progressing to Sun salutations that warm the body. Class ends with a deep relaxation. **AL**

**TAI CHI** (60 min) Tai Chi is first and foremost a martial art. The basic premise is simple and easy to follow. From the simplicity of movement and thought emerges a martial pattern that is beautiful, complex and powerful. **AL**

 **VINYASA YOGA** (60 or 90 min) a flowing form of hatha yoga and ashtanga-style, linking postures together with breath, focus and inward attention. **IA**

## MUSCLE CONDITIONING

**20/20/20** (60 min) High Intensity, Concentrated Workout! 20 minutes Lower Body, 20 minutes Upper Body, 20 Core Work. **IA**

**AWESOME ABS** (30 min) A concentrated workout specifically designed to strengthen and tone the abdominal and lower back muscles. **AL**

**BELOW THE BELT** (30 min) An intense muscle conditioning workout targeting the glutes & legs. **AL**

**BODY PUMP** (60 min) The original barbell class to music, no step, no dancing. Pure strength training, real results, real fast. **AL**

**DEFINE & REFINE** (45 or 60 min) Utilize a variety of weights, bands, body bars and other tools in our body shop to help you define & refine. **AL**

**H.E.A.T** A blend of athletic training with strength and endurance conditioning utilizing TRX, Kettlebells, medicine balls and more. This bootcamp/circuit style class will challenge the fitness enthusiast!

**MEDICINE BALL** (60 min) A functional athletic strength workout utilizing the medicine ball and plyometric progressions. **IA**

**QUICK CRUNCH** (15 min) Work those abs! 15 minutes of crunches **AL**

## WATER CLASSES

**AQUA NOODLE** (60 min) A great water class where you will learn how to use the noodle for added buoyancy and perfect positioning that permits safe aerobic movements. **AL**

**AQUA TAI CHI** (60 min) The gentleness of the water combined with the fluid and graceful movement of Tai Chi. **AL**

**H2OBICS** (60 min) Experience this challenging program designed to provide a vigorous cardio vascular workout with the benefits of buoyancy & resistance. **AL**

**MAXIMUM EFFORT** (45 min) An athletic workout in the deep water with a flotation belt. Includes intervals of running, walking cycling and sprinting. Great workout and no impact! **IA**

**WATER RUNNING (45 min) & PLUS (60 min)** Water is a unique medium for improving your cardio-vascular efficiency, toning your muscles & increasing your flexibility. **AL**

### WATER CLASS RULES:

Aqua Tai Chi:	10 - 15 swimmers get 1 addtl lane 16+ get 2 addtl lanes
Pool Classes:	10-17 swimmers get 1 addtl lane 18+ get 2 additional lanes

### CLASS ETIQUETTE

- Be considerate of other Member's exercise space.
- Do not crowd other members.
- Do not do your own routine, as this is very distracting.
- Keep conversation to a minimum.
- Classes with 10 or less participants are subject to change
- Shirts must be worn and feet must be covered.
- Street wear, gym bags, purses and food are not permitted.
- A towel is recommended.
- Must be 13 years old & directly supervised by a parent in order to participate in a Group Exercise Class.
- Must be 15 years old to participate in The Ride, Body Pump, Zumba & Yoga!
- Junior members ages 15 and up may participate in all Group Ex classes.