

# MONDAY

6:00	The Ride (RC)	♥	45min John
8:15	The Ride (RC)	♥	45min Lou
8:15	Abs Express	<b>A</b>	15 min Paula (1)
8:30	Cardio Blast (1)	<b>IA</b>	45min Paula
9:00	Yoga Basics	<b>A</b>	Anya (2)
9:15	Zumba	<b>A</b>	Jeanette (1)
9:15	The Ride Plus	<b>A</b>	Dalia (RC)
10:00	H2Obics	<b>A</b>	Erin (P) (SW) <b>New Time!</b>
10:15	Redefine	<b>IA</b>	Marilyn (1)
10:30	Kundalini Yoga	<b>A</b>	Karena (2) <b>New!</b>
11:15	ProgressivePilates	<b>A</b>	Susan (1) <b>New!</b>
5:00	Pilates Mat	<b>A</b>	Diana (2)
5:30	Body Pump	<b>A</b>	Roe (1) <b>New Time!</b>
6:15	The Ride	♥	45min Meredith (RC)
6:30	Boot Camp	<b>IA</b>	Brittany (1)
7:00	Vinyasa Yoga	<b>IA</b>	90min Stacey (2)
7:00	H2Obics	<b>A</b>	45min Sherri(P/DW)

# The Atlantic Club Group Exercise Schedule Effective August 2, 2010

## TUESDAY

6:00	Sunrise Yoga	<b>A</b>	Stacey (2) <b>New!</b>
8:15	"PSST Circuit"	<b>A</b>	Meredith (1)
8:15	Tri-Ride	<b>A</b>	Brittany (RC)
8:30	Cardio Sculpt Lite	<b>A</b>	Paula (2)
9:15	Strength/Interval	<b>IA</b>	Brittany (1)
9:15	The Ride	♥	Donna (RC)
9:30	Core Strength	<b>A</b>	Carrie (2) <b>New!</b>
10:00	H2Obics	<b>A</b>	45min Mary (P)(SW)
10:30	Slow Flow Yoga	<b>A</b>	90min Vijya (2)
10:15	Redefine	<b>A</b>	Donna (1)
11:15	Pure Stretch	<b>A</b>	45min Donna (1)
5:00	Strength & Stretch	<b>A</b>	75min Donna (1)
6:15	Zumba	<b>A</b>	Patty/Terry (1)
6:30	Pilates Mat	<b>A</b>	Jackie (2)
7:30	Gentle Vinyasa	<b>IA</b>	75min Liz (2) <b>New!</b>

## WEDNESDAY

6:00	Body Pump	<b>A</b>	Heidi (1)
6:00	Interval Ride	<b>A</b>	Erika (RC)
8:30	Super Sculpt	<b>IA</b>	Tiffany (1)
8:45	Pilates Mat	<b>A</b>	45min Heidi (2)
9:30	Zumba	<b>A</b>	Terry (1)
9:30	The Ride	♥	45min Meredith (RC)
9:30	Pilates Mat	<b>A</b>	Tiffany (2)
10:00	H2Obics	<b>A</b>	45min Jackie (P)(SW)
10:15	Cardio/Kickbox	<b>IA</b>	Marilyn (1)
10:30	Yoga Power Hour	<b>IA</b>	Vijya (2)
11:30	Restorative Yoga	<b>A</b>	Karena (2)
6:15	The Ride 45 min	<b>A</b>	Kristine (RC)
6:30	Boot Camp	<b>IA</b>	Vic/Kareem (1)
7:00	Kripalu Yoga	<b>A</b>	90min Michelle (2)

## THURSDAY

6:00	Kundalini Yoga	<b>A</b>	Matt (2)
8:15	Interval Ride		45min Brittany
8:15	Boot Camp	<b>IA</b>	Kareem (1)
8:15	Pilates Mat	<b>A</b>	Paula (2)
9:15	Step & Sculpt	<b>A</b>	Paula (2)
9:15	The Ride	♥	45min Donna (RC)
9:15	Zumba	<b>A</b>	Jeanette (1)
10:15	Redefine	<b>A</b>	Donna (1)
10:00	H2Obics	<b>A</b>	45 min Diane (P)(SW) <b>New Time!</b>
11:15	Pure Stretch	<b>A</b>	45min Donna (1)
5:00	Strength & Stretch	<b>A</b>	Christine
6:00	Pilates Mat	<b>A</b>	45min Jackie (2) <b>New!</b>
6:15	B.L.A.S.T.	<b>IA</b>	Brittany (1)
6:45	Ashtanga Yoga	<b>IA</b>	Stacey (2) <b>New!</b>
7:00	H2O Power	<b>A</b>	Sherri (P) <b>New!</b>

## FRIDAY

6:00	The Ride	<b>A</b>	45min Debbie (RC)
8:15	Core Strength	<b>A</b>	Carrie (2)
8:15	The Ride	♥	45min Lou (RC)
8:30	Kick/Butt Kick/Box	<b>A</b>	1 Hour Dalia (1)
9:00	Vinyasa Yoga	<b>IA</b>	90 min Vijya (2)
9:15	The Ride	♥	45 min Lou (RC)
9:30	A.B.C.	<b>A</b>	45 min Heidi (1)
10:00	H2Obics	<b>A</b>	45min Terry (P)(SW) <b>New!</b>
10:30	Yoga Basics	<b>A</b>	Vijya (2)
10:15	Redefine PLUS	<b>IA</b>	Brittany (1)
6:00	Kripalu	<b>A</b>	Yoga/Meditation 75min Michelle (2)

## SATURDAY

8:00	Yoga Basics	<b>A</b>	90min Liz (2)
8:00	The Ride	<b>A</b>	Jeff (RC)
8:00	20/20/20	<b>A</b>	Sharon (1)
9:00	Saturday Sweat Shop	<b>A</b>	Kristine (1)
9:15	The Ride Plus	<b>A</b>	Lou/Polli (RC)
10:00	Water Running	<b>A</b>	Sharon/Erin/Dalia 45min (P)(DW) <b>New!</b>
10:15	Pilates Mat	<b>A</b>	Kristine/Tiffany (1)
10:15	Sivananda Yoga	<b>IA</b>	90min Stacey (2) <b>New!</b>
11:15	Saturday Morning Stretch	<b>A</b>	Tiffany/Heidi 45min (1) <b>New!</b>

## SUNDAY

9:00	The Ride Plus	<b>A</b>	Dalia (RC)
9:00	Pilates	<b>A</b>	Jackie (1)
9:00	Hatha Yoga	<b>A</b>	90min Anya (2)
10:00	H2O Circuit	<b>A</b>	45min Jackie (P)(DW) <b>New Time!</b>
10:00	Body Pump	<b>A</b>	Marilyn (1)
11:00	Tai Chi	<b>A</b>	Kai (1)

## SYMBOL GUIDE

- (1)** Studio 1
- (2)** Studio 2
- (RC)** Ride Center
- (P)** Pool
- (DW)** Deep Water
- (SW)** Shallow Water
- A** All Levels
- IA** Intermediate Advanced

All classes are 60 min unless otherwise noted. Please feel free to contact Donna Winchell, our Group Exercise Director at ext. 403. **The Atlantic Club reserves the right to cancel classes** on future schedules if class averages less than 10 people.

**The Ride Sign-ups begin 45 minutes prior to start of class. Please sign-up at the front desk.**

**\*Group Water classes with less than 8 people will utilize 1 lane only.**



Expanding Wellness. Extending Life.

**Participants may sign up for themselves ONLY!**

**View, download and print schedules at [theatlanticclub.com](http://theatlanticclub.com)**

## MIND/BODY and FLEXIBILITY

**HATHA YOGA** - Balances the opposing energies of the body. Identified with the practice of physical postures (asana) and breathing techniques. (pranayama).

**Benefits:** flexibility, strength, and stress release **A**

**SLOW FLOW YOGA** - A meditative approach to movement, coordinating the breath with Sun Salutations and varying sequences of yoga postures. This class heightens awareness while building physical and mental strength. **A**

**JIVAMUTKI/POWER YOGA** - Jivamutki Yoga is one of nine internationally recognized styles of hatha yoga. This practice is a vigorous style performed in a flowing sequence with emphasis on breath and strength. **Benefits:** flexibility, muscular strength, balance and stress relief. **IA**

**KRIPALU YOGA** - Balance the Chakras (energy centers within the body) through "meditation in motion." Kripalu is a 3-stage yoga that concentrates on body alignment, pranayama) and meditation. **Benefits:** fitness, stress release, balance **A**

**PILATES MAT** - This is the workout everyone is talking about! An internationally known fitness system created by Joseph Pilates focusing on core stability, balance and flexibility. Pilates Ring may be used in some mat classes. **Benefits:** core strength **A**

**PROGRESSIVE PILATES** is an a "hard core" Pilates flow. Based on the classical Pilates method, Progressive Pilates isolates every aspect of your abdominal and core muscle groups. We work with a "bender ball", ballet-bar and free weights to make sure all muscle groups are works and stretched. You will feel, lean and grounded, and your body will thank you too!

**ASHTANGA YOGA** is a system of yoga transmitted to the modern world by Sri K. Pattabhi Jois. This method of yoga involves synchronizing the breath with a progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. Improved circulation, a light and strong body, and a calm mind. **Benefits:** flexibility, and strengthening **IA**

**CORE STRENGTH:** A deep muscle workout that will transform your body using a unique blend of Pilates, Ballet Bar and Stretching exercises. This class will make your muscles long, lean and strong. **Benefits:** muscular endurance and flexibility **A**

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

**POWER HOUR** - A vigorous flowing practice that increases stamina, strength, and flexibility. **Benefits:** flexibility, and strengthening **IA**

**PURE STRETCH** - Enhance your life and exercise routine by improving the most important fitness component, flexibility. **Benefits:** Cardiovascular and muscle toning **A**

**RESTORATIVE YOGA** - Experience the sense of renewed energy and peace with this gentle and practical approach to yoga. Synchronize your breathing as you gently place your body into various yoga postures for the

most effective results. **Benefits:** flexibility, stress release, balance **A**

**SATURDAY MORNING STRETCH** - Work out the kinks of the long week with this relaxing and soothing stretch class. Focus on improving range of motion and flexibility. **Benefits:** flexibility **A**

**SIVANANDA YOGA** - Om Shanti (Om Peace). This yoga discipline is embraced by people looking for stretch and relaxation. Find peace in learning the five points of yoga and a series of sun salutations. The perfect balance for the hectic lifestyle. **Benefits:** flexibility, stress release and strengthening **A**

**SUNRISE YOGA** - Allows a specific sequence of yoga positions along with balanced breathing. Remove morning stiffness and invigorate, strengthen and stretch the entire body. **Benefits:** flexibility, stress release and strengthening **A**

**TAI-CHI** - Relax and soothe the body & soul with simple and effective movements designed to increase one's flow of energy throughout the body. Bring peace and well being. **Benefits:** flexibility, balance and stress release **A**

**VINYASA YOGA** - A challenging 90 minute practice. A popular evolving form of yoga that integrates breath and movement, awareness and alignment as well as strength

and flexibility. **Benefits:** improves posture, strength, flexibility and stress release. **IA**  
**YOGA BASICS** - For the new yogi and people looking to get back to the basics. Focus is placed on proper alignment and breath. This class will open the doors to the world of yoga! **Benefits:** flexibility, balance and stress release **A**  
**KUNDALINI YOGA**-combines postures (asanas), movement, sound current (mantra), breath (pranayam), body locks (bhandas) and meditation into powerful sets called kriyas that raise consciousness while exercising the physical body. **Benefits:** Flexibility, Stress release and Strengthening **AL**

## CARDIO CLASSES

**STEP & SCULPT**- It's back! No crazy choreography just plain and simple Step Aerobics coupled with sculpting and toning! **Benefits** Cardio and Strength components! **AL**

**CARDIO-KICKBOXING**-This exciting class cardio class incorporates kick boxing, toning & core strengthening exercises, sure to kick-butt with this total body workout. **Benefits:** Cardiovascular **IA**

**KICK BUTT KICK BOX** - A heart pounding, muscle pumping, sweat pouring, fat burning, punching, kicking time. **Benefits:** cardiovascular **A**

**INTERVAL RIDE** - This ride will be based on interval training. Come prepared to sweat it out! **Benefits:** cardiovascular **A**

**THE RIDE** - Our exhilarating cycling program! Heart rate monitors recommended. "New riders" must arrive 10 mins early and pick up guidelines at Desk **A**

**RIDE PLUS** - Spend a little more time in the saddle and burn some extra calories in this extended cycle class. **Benefits:** cardiovascular **A**

**TRI-RIDE** - Bring out the inner athlete with triathlete Brittany and her cyclist based class. **Benefits:** cardiovascular **A**

**ZUMBA** - (60min) Latin dance featuring cardio & strength components **A**

**SATURDAY SWEAT SHOP** - A heart pounding, muscle pumping, sweat pouring, music thumping blast! Incorporating intense intervals of Boot Camp Basics & Sculpting favorites. **Benefits** cardiovascular, strength & endurance. **A**

## RESISTANCE TRAINING/MUSCLE CONDITIONING

**A.B.C.** Agility, Balance, and Core. This class will focus on several fitness components including Strength and Flexibility. Participants will use their own body weight, dumbbells and body bars. **Benefits:** Muscular strength and flexibility **A**

**ABS EXPRESS** - A quick concentrated workout specifically targeting the abdominal and lower back muscles. **Benefits:** muscular endurance **A**

**BODY PUMP** - This unique choreograph barbell class will encourage you to push your weight training to the next level. **Benefits:** muscular strength and muscular endurance **A**

**CIRCUIT TRAINING** - This class combines the best of weight training and cardio intervals for a great, total body workout. **Benefits:** cardiovascular **IA**

**HARD DRIVE** - Get pushed to the limit with this intense sculpting class! All exercise props get thrown into the mix: coreboarding, weights, body bars, and stability balls. Come ready to work! **Benefits:** muscular strength and endurance. **IA**

**REDEFINE/SUPERSCULPT** - A Total Body workout using various resistance props to help you achieve that desired sculpted figure. **Benefits:** muscular strength and muscular endurance **A**

**STRENGTH AND STRETCH** - Get it all in this total body workout that will tone and lengthen with an effective blend of resistance and stretching exercise. **Benefits:** muscular strength and flexibility **A**

325 Maple Avenue, Red Bank, NJ 07701  
732-219-5333 www.theatlanticclub.com

## CARDIO/SCULPT CLASSES

**20/20/20** It's simple! This class will offer an intense 20 minute upper body workout followed by 20 minutes targeting lower body ending with 20 minutes of Killer abs!

**Benefits:** Muscular Strength **A**

**B.L.A.S.T.** ( Balancing, Lengthening, Athletic, Strength, Training) Get it all with Brit-tany! B.L.A.S.T. is an interval class that produces the results you've been looking for. **Benefits:** muscular strength, cardiovascular, and balance. **IA**

**BOOT CAMP** - This hour long class incorporates a variety of exercises and training methods for an intense full body workout! Now drop and give me 20!!!!

**Benefits:** cardiovascular **IA**

**CARDIOFLEX** - Push to the max with this driving cardio and sculpt workout Alternating 3 minute intervals of aerobic and resistance exercise will do the ultimate, build strength and burn fat. **Benefits:** cardiovascular and muscular strength **IA**

**"PSST CIRCUIT"** Power, Strength, and Stability Training Circuit. This class is an effective training session for those who desire to increase muscular power through intervals of plyometric strength and core stability exercises. **Benefits:** Cardiovascular and muscular strength. **A**

**STRENGTH/INTERVAL** -Total body workout!! Work up a sweat, get toned in a class that mixes strengthening exercises with group cardio intervals. **Benefits:** Strength **IA**

**CARDIO BLAST** - A 45 minute class consisting of intense cardiovascular exercise.

## WATER CLASSES

**H2OBICS** - Take your workout to the water. Let specially designed resistance props and the water reward you with an intense workout that is easy on the joints. **Benefits:** cardiovascular, muscular endurance and strength **A**

**H2O Power** - A dynamic water experience which will get your heart pumping! **Benefits:** cardiovascular and muscular endurance **A**

**H2O CIRCUIT** - Take your water workout to the next level! This energetic interval aqua class will offer cardiovascular and resistance training in one great class. **Benefits:** cardiovascular, muscular strength and endurance **A**

**WATER RUNNING** - Take the stress out of running by taking it to the water. This ultimate cross training activity enhances running and swimming speed, strengthens every body part and assists in injury recovery. **Benefits:** cardiovascular, muscular endurance and flexibility **A**

## CLASS ETIQUETTE

1. Classes are a group activity; we require that you follow the instructor's routine
2. Please be on time. Entering a class in progress is not recommended.
3. Be considerate of other member's space. Please do not crowd a member who has arrived before you.
4. Please do not enter the classroom before the current class has finished.
5. Appropriate exercise attire must be worn.  
Cardio/Sculpt classes - proper footwear e.g. cross training athletic shoe  
Yoga/Pilates - bare feet are permitted
6. Gym bags are not permitted in studio.
7. Water must be in an enclosed, unbreakable container. Food is not permitted.
8. In consideration of our members, no cell phones in the studio.
9. We recommend the use of a towel.
10. Please remember personal hygiene and refrain from wearing perfume or cologne.
11. We request that all equipment be returned to the proper storage area.