

## group fitness class schedule

effective September 9, 2019

# THE CLUB

HEADQUARTERS PLAZA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-7:00am Real Ryder Kara	6:00am-7:00am Power Hour Kara	6:00am-7:00am P90X Live Barb	6:00am-6:55am Real Ryder Kerri	6:00am-7:00am Bootcamp Kara	8:00am-8:55am Power Hour Kara	8:30am-9:25am Real Ryder Vin
8:00am-9:00am Boot Camp Christina	6:00am-7:00am Real Ryder Greg	8:00am-8:45am Form & Function Colby	7:00am-7:45am Pilates Kerri	7:30am-8:15am Barre Fusion Kerri	8:00am - 8:55am Real Ryder Kerri	9:30am-10:25am Cardio HIIT Tara
9:30am-10:30am Taking Form Yoga Angel	7:30am-8:25am Total Body Workout Kerri	9:30am-10:15am Real Ryder Nikki	8:00am-8:55am Cardio Circuit Christina	9:30am-10:30am Yoga Maryanne	9:00am-9:25am Stretch For You Melissa	10:30am-11:30am Yoga Angel
11:30am-12:15pm Yoga For Seniors Maryanne	12:15pm-1:00pm Real Ryder Nicole	9:30am-10:30am Yoga Suzanne	12:15pm-1:15pm Bootcamp Sue	10:45am-11:45pm Silver Sneakers Cindy/Angel	9:30am-10:30am Zumba® Maggie	
6:00pm-6:55pm Core Strength Tara	7:15pm-8:10m Kickboxing Christina	11:00am-12:00pm Yoga For Seniors Maryanne	6:00pm-7:00pm Power Hour Yoga Angel	12:15pm-1:00pm Hard Core Alyssa	10:30am-11:30am Weekend Warrior Alyssa	
6:30pm-7:25pm Real Ryder Kerri		12:15pm-1:00pm Strength Circuit Sue	6:30pm-7:30pm Real Ryder Nikki			
7:00pm-8:00pm Zumba® Maggie		6:00pm-6:55pm Cardio Core Alyssa	7:00pm-8:00pm Power Hour Christina			
		7:00pm-8:00pm STRONG by Zumba® Maggie				

Please note the scheduled instructor  
and/or class may change without notice

# THE CLUB

HEADQUARTERS PLAZA

118 Headquarters Plaza  
Morristown, NJ. 07960  
973.644.9590

MON - FRI: 5:00AM - 10:00PM  
SAT. & SUN: 7:00AM -8:00PM

## General Manger

Matt Kovacs  
management@hqplaza.com

## Membership Coordinator

Samantha Fletcher  
membership@hqplaza.com

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## WHAT NEW THIS MONTH

Check out some of the great deals we have for our Morristown neighbors on our Club Concierge App at the front desk!

**Barbell Strength:** A total body workout utilizing a barbell incorporating compound movements .

**Boot Camp:** Blasts the fat and tones your muscles. No complicated choreography. High intensity cardio and functional strength training.

**Cardio Circuit:** Circuit style class with an emphasis on cardiovascular health.

**Core De Force:** Much more than a typical cardio class. It's an empowering, core-focused workout, inspired by the highest-octane sport in the world—mixed martial arts. MMA-Inspired Combinations: Broken into 3-minute rounds of punching, kicking, and jabbing.

**Cardio HIIT:** High intensity interval training (HIIT) is short, intense, unsustainable bursts of physical activity, paired with intervals of quick rests.

**Core strength:** Train for improvements in everyday, real life activities by challenging your core with functional movement patterns using hand weights and body weight.

**Form & Function:** Cardio moves and Strength training emphasizing the importance of proper form and technique.

**HIIT Strength :** Fat burning HIIT exercises and strength training supersets come together to create a brutal but fun sweatfest.

**P90X Live:** Features powerful moves that motivate class goers to push their limits while offering modifications for those just getting started. Participants use a range of equipment in “protocol based” approach to total body training.

**Pilates:** Focus on the “powerhouse” of the body based on the principles of Joseph H. Pilates, this mind body workout combines breathing and alignment to improve strength and flexibility.

**Power Pilates:** A vigorous sequence of mat exercises based on Joseph H. Pilates work. A mind body workout with flowing transition while increasing core strength, flexibility, & mobility.

**Power Hour:** Strengthen all of your major muscles in this free weights. Simple athletic movements are performed in an inspiring group environment with upbeat music.

**Power Hour Yoga:** Take your practice to the next level . Working inversions, arm balancing and flexibility.

**Real Ryder:** Is like no other indoor bike on the planet. Unique patented articulating frame technology lets any level of rider engage body and mind in a dynamic riding experience.

**Silver Sneakers:** Join a community of seniors and older adults for a total-body workout designed to increase flexibility, joint stability, balance, coordination.

**Strength Circuit:** A circuit that combines cardio and strength moves will blast fat and sculpt muscle.

**Stretch For You:** Stretching is a vital part of any exercise routine as it gives your muscles the ability to lengthen, expand and restore after exercise. Dynamic and static stretches for the best results!

**STRONG by Zumba™:** High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. ... STRONG by Zumba™ is also characterized by a unique system of progression.

**Taking Form Yoga:** A dynamic and playful practice designed to kick you out of your shell and explore your body's capabilities. The class focuses on an energetic blend of balance, flexibility and strength with elements of dance and acrobatics.

**Yoga for Seniors:** Focus on strength, balance, respiration, and concentration, all key elements of healthy aging. No inversions (hand stands, head stands), deep backbends, or deep twists.

**Yoga :** An ancient practice drawing awareness to mind, body and soul. Learn breathing techniques that correlate with your everyday life.

**ZUMBA®** A fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Zumba® Toning :** Combines targeted body-sculpting exercises and high-energy cardio work done with toning sticks.

