



Group Exercise Schedule - Fall 2019

3092 Shafto Rd. Tinton Falls 07753 | 732.922.7700
www.swimquest.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am		Row Bootcamp Eileen				(8am) Row Bootcamp Eileen	
8:00am						Spin Alaina	
9:00am	HEAT Bonnie	QUEENAX TEAM Alaina	Pump 'n Spin Bonnie	Abs 30 Jason	Body Sculpt Carol	Kickbox Fusion Alaina	Barbell Strength Alaina
10:00am						Yoga Tina	Zumba Alaina
5:30pm	Yoga Rita	Spin Alaina			(5:45) Yoga Tina		
6:00pm		(6:30) Yoga Rita		Spin Alaina			
6:30pm	Bootcamp Phil	Metabolic Conditioning Alaina	Barbell Strength Alaina				
7:30pm			Zumba Alaina				
	Please Note: - All classes will run approximately 55minutes. - Please try your best to arrive on time to ensure the best experience for your fellow members (and instructors)! If you do arrive late, please join us and quietly set up!					<u>Gym Hours</u> Mon-Fri: 5AM-9:30PM Sat 6AM-4PM Sun 6AM-4PM	



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CLASS DESCRIPTIONS

Zumba	is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.
Body Sculpt	is a head to toe toning workout that is achieved by individually working different muscles with weights, weighted bars and bands. It will give your body that lift you are looking for.
HEAT	is an interval training workout that incorporates bodyweight cardio exercises with light dumbbell toning for a head to toe workout!
Yoga	is an hour long, mind, body and soul stretching and strength building practice.
Barbell Strength	is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe and motivating exercises, and great music!
Abs 30	30 minute class that focuses strictly on building core strength.
STRONG	is a High Intensity Interval Training (HIIT) 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. The best part is that each move can be modified to your fitness level: low intensity, base level, or high intensity.
Kickboxing Circuit	30 minutes of interval strengthening exercises and 30 minutes of cardio kickboxing and core work. A killer combo that will get your heart pumping and strengthen your core.
Spin & Pump 'n Spin	Ride from the shoreline to the hills in this class that is designed to provide you with an optimum fat burning and strength building workout. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Pump 'n Spin includes intervals of strength training for an all inclusive cardio and strength workout! <u>All members are encouraged to reserve a bike prior to class to ensure your spot in class; bikes are limited. See front desk staff or Alaina to learn more about booking classes through our app!</u>
Row Bootcamp	Try our 45-min Row Bootcamp class for a total body, low impact workout. Classes will also incorporate some bike, ski, strength training, core and more!