



Group Exercise Schedule - *NEW* SPRING 2020; effective 3/1/20
 3092 Shafto Rd. Tinton Falls 07753 | 732.922.7700
www.swimquest.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am				Row + Core Alaina		Spin Alaina	
9:00am	HEAT Bonnie	Functional Training Circuit Laurie	Pump 'n Spin Bonnie		Body Sculpt Carol	Kickbox Fusion Alaina	Barbell Strength Alaina
10:00am						Yoga Tina	Zumba Alaina
5:30pm	Yoga Kyli	Spin Alaina	TRX EXPRESS Alaina	TABATA strength Alaina	(5:45) Yoga Tina		
6:30pm	Bootcamp Vee	Yoga Tina	Barbell Strength Alaina	(6:00) Spin 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!
- To ensure your spot in class, please register using the MindBody App. If you need help doing so, we are more than happy to help you!

Gym Hours
 Mon-Fri: 5AM-9:30PM
 Sat 6AM-4PM
 Sun 6AM-4PM



Group Exercise Schedule - *NEW* SPRING 2020; effective 3/1/20
 3092 Shafto Rd. Tinton Falls 07753 | 732.922.7700
 www.swimquest.com

CLASS DESCRIPTIONS

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!
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.
Bootcamp	Bootcamp combines functional core and plyometric training solutions to crank up your workout intensity! Boot Camp is guaranteed fun, every class is different and combines team effort to give you the ultimate sweat.
HEAT	is an interval training workout that incorporates bodyweight cardio exercises with light dumbbell toning for a head to toe workout!
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.
Pump 'n Spin	Pump 'n Spin gets you working up a sweat on an off the bike. It 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 + Core	build your cardio endurance with intervals of rowing & strengthen your core and balance with functional stability exercises.
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. <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>
TABATA strength	a high intensity interval training class using traditional 20:10 TABATA timing that will focus on strength using hand weights, bars, kettlebells and bodyweight exercises.
TRX Express	a full body workout utilizing the TRX straps and other suspension training accessories.
Yoga	is an hour long, mind, body and soul stretching and strength building practice.
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.