

MON

SPIN 45•

6:15am / Kevin W.
45 min / S

BASE BEAST•

7am / Ashley N. / BC

BARRE BURN

9:30am / William / X

POWER FLOW YOGA

12pm / Dina I. / MB

ZUMBA

12pm / Jeannine S.
45 min / X

SUPER SCULPT

1pm / Susan D.
45 min / X

RIPPED RIDE•

6pm / Kara H.
45 min / S

BARRE•

6pm / Morgan
45 min / X

POWER FLOW YOGA

6:30pm / Troy
MB

BOX & BURN (NEW TIME)•

7:30pm / Lee
45 min / BC

SPIN 45•

7pm / Dominic M.
45 min / S

BOOTY CAMP•

7pm / Kara H.
45 min / X

VINYASA YOGA

7:30pm / Troy R. /
MB

VIXEN

8pm / Vanessa
X

BASE BEAST (NEW TIME)•

8:30pm / Lee
45 min / BC

TUES

SPIN 45•

6:15am / Kevin W.
45 min / S

BOOTY BLAST

6:15am / Emily
45 min / X

POWER FLOW YOGA

9:30am / Jill S.
MB

SPIN EXPRESS

12pm / Kara H.
45 min / S

BURN

1pm / Kara H.
45 min / X

HURRICANE•

6pm / Anna
45 min / X

#ABS•

6pm / Monica G.
20 min / MB

RIPPED RIDE•

6:30pm / Monica G.
45 min / S

VINYASA FLOW

7pm / Devyn D.
MB

SQUAD•

7:30pm / Andrew S.
45 min / X

FIGHT NIGHT (NEW TIME)•

7:30pm / Lee
BC

ZUMBA

8pm / Odris
X

WEDS

SPIN 45•

6:15am / Kara H.
45 min / S

POWER SPIN

9:30am / Robert E.
S

SLO FLO YOGA

9:30am / Dina
MB

VINYASA YOGA (NEW)

11am / Dina
MB

ZUMBA (NEW)

12pm / Odris
45 min / X

SUPER SCULPT

1pm / Susan D.
45 min / X

BOOTY CAMP•

6pm / Kara H.
45 min / X

VINYASA FLOW

6:30pm / Janine D.
MB

SPIN 45•

7pm / Kara H.
45 min / S

BARRE BURN•

7:15pm / Morgan P.
45 min / X

COMBAT CAMP•

7:30pm / Dana G.
45 min / BC

#ABS•

7:45pm / Kara H.
20 min / MB

THURS

SPIN 45•

6:15am / Dominic M.
45 min / S

POWER SCULPT

6:15am / Emily V.
45 min / X

SHRED

9:30am / Jessica J.
45 min / BC

POWER FLOW YOGA

12pm / Dina I
MB

SPIN EXPRESS

12pm / Ashley
45 min / S

BURN

1pm / Ashley
45 min / X

PIYO

6pm / Cait G.
MB

HARD BODIES

6:30pm / Robert E.
45 min / X

VINYASA YOGA

7:15pm / Oneika M.
MB

ZUMBA

7:30pm / Kelly
X

FRI

SPIN 45•

6:15am / Kevin W.
45 min / S

*Last Friday of the
month is Race Day*

SHRED•

7am / Jessica J.
45 min / BC

VINYASA YOGA

9:30am / Troy R.
MB

SPIN 45

9:30am / Monica
45 min / S

ZUMBA

12pm / Jeannine S.
45 min / X

BARRE BURN

1pm / Carrie J.
X

BASE BEAST•

6pm / Ashley N.
BC

BASE BEAST•

7:15pm / Ashley N.
BC

SAT

SPIN 45•

8:30am / Dawn L.
45 min / S

HARD BODIES•

8:30am / Robert E.
45 min / X

HARD BODIES•

9:30am / Robert E. /
X

SLO FLO & LET GO

9:30am / Dawn
75 min / MB

SPIN EXPRESS•

9:30am / Kevin W.
45 min / S

BASECAMP•

10:00am / James A.
BC

ZUMBA

10:45am / Kelly / X

POWER FLOW YOGA

11am / Maureen T.
MB

SPIN 45•

11am / Tyriek
45 min / S

BASE BEAST•

11:15am / Ashley N. / BC

SET THE BARRE

11:45am / Jackie / X

PILATES

12:15pm / Stephanie
45 min / MB

BASE BEAST•

12:30pm
Ashley N. / BC

SUN

POWERFLOW YOGA

8:45am / Maureen
MB

SPIN 45•

9am / Monica
45 min / S

HARD BODIES•

9:30am / Robert E.
X

#ABS•

10am / Monica
20 min / MB

SPIN (NEW)•

10am / Anna
45 min / S

ZUMBA

10:30am / Odris
X

VINYASA YOGA

11am / Daba B.
MB

BASECAMP•

11am / Sam B.
75 min / BC

RESTORATIVE YOGA

4:30pm / Daba B.



Base

GROUP FITNESS CLASS SCHEDULE

Class times are 60 min unless
otherwise noted.

“•” marked titles require
online enrollment prior to class.

S: Spin Studio

MB: Mind Body Studio

BC: Base Camp

X: Base X Main Studio

Comments: Kara@BaseNJ.com

* Effective, Monday March 11th *

60 Columbus Drive, Jersey City, NJ 07302 | 201.332.2866 | basenj.com

Cardio & Sculpting

#Abs: An express class packed with plenty of moves to strengthen abs and lower back. **Base Beast:** With a mixture of barbell, kettlebell, and bodyweight training, this class uses the classic supersets done at high intensity to drive results for muscle gain, fat loss and increased cardiovascular efficiency.

Barre Burn: Designed to lengthen and tone. Through the use of bodyweight, bands, and light weights you will sculpt arms, abs and glutes.

Base Beast: With a mixture of barbell, TRX, kettlebell, and plyometric training, Base Beast uses classic supersets done at high intensity to drive results for muscle gain, fat loss and increased cardiovascular efficiency. Beast Mode is a must!

BaseCAMP: An hour long HIIT class focusing on good movement patterns.

A combination of strength and metabolic exercises to increase lean muscle mass, improve aerobic capacity, improve mobility, and burn fat within a fun and safe workout environment.

BootyCamp: This is an ass kicking workout to the booty into shape! With a mix of cardio, strength and toning. There is a focus on abs and arms too!

Box & Burn: 45 min boxing/core focused class with HIIT and Abs Circuits incorporating the bag.

Burn: No muscle left behind! HIIT, Tabata, strength, cardio and circuit training. Come ready to get stronger and sculpt all muscle groups.

Combat Camp: Combat Camp takes you through a series of total-body exercises designed to maximize strength gains and fat loss. Taking inspiration from military training boot camps, this circuit style class mixes traditional callisthenic and body weight exercises with interval training and strength training. You will target all muscle groups for a full body training session and break a serious sweat!

Fight Night: Train like the pros! Learn the fundamentals of boxing while getting a heart pumping workout with kettlebells, plyometrics and bodyweight. Interval driven guaranteed to get you into fighting shape.

Hard Bodies: Total body conditioning using weights, steps and body weight. You will build strength and endurance. All levels.

Hurricane: Total Body workout that takes body to a new level in 45 minutes! This class will utilize the body as the main functional unit, and will build total body strength and endurance, as well as create an ultimate fat burn!

Power Sculpt: High Intensity Interval Training is one of the best methods for burning fat. The total body circuit-style class uses specific work to rest ratios to maximize fat burning and push your cardiovascular threshold. For all fitness levels!

Race Day: Last Friday of the month. The idea of the race day is to "test" your physical fitness and push yourselves to the max for 40 minutes. Water is required, hard work is a must and a winning attitude is paramount. We will ask that you simply do your best we will strive to maintain a challenging 100rpm rate on the flats, we will race through the hills and end with an all-out sprint to the end. Will listening inspiring and reverberating beats. Those who have experienced this before will be given assigned seating that morning, next to an individual who can and will challenge your fitness. "it's not how you start it's how you finish"

Ripped Ride: Cycle with a twist. Come for a fun, upbeat, challenging ride- take it to the next level with some heart pumping beats, and upper body focus through the use of light weights and high repetition. Hills, sprints, jumps, climbs- all levels welcome.

Set the Barre: Set The Tone For the Week, Set the standard, and get Ready to Set the Barre to change your body! This class will shape, lift and tone the entire body. Class will target all muscle groups to achieve that barre burn you know, and love. 60 minutes- All levels

Spin: A great cardio workout done on a specialized stationary bike. All levels.

SQUAD: Who doesn't love a little competition? In this class, you'll use agility, power and focus to complete athletic based circuits, relays and training obstacles. You'll work together as a unit or go up against fellow class goers. All levels welcome.

Super Sculpt: Total body conditioning, using body bands and weights to tone and strengthen all muscle groups! All levels.

Vixen: A dance fitness program using choreography from all genres of commercial dance, including hip hop, house, jazz funk and street styles. The concept is made to empower women and make you feel larger than life. Choreography is inspired from trending performances by your favorite artists.

Zumba: A fusion of Latin and international music dance themes creating dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. All levels.

Mind & Body

Pilates: Pilates is a contemporary style mat class that focuses on strength, flexibility and range of motion in the long lean style of Pilates, yoga and dance. Lengthen and tone your whole body while building core strength and freeing up the spine and joints.

PIYO: PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

Power Flow Yoga: A conscious flowing sequence of asanas (postures) linked by breath and intention. Integrating the physical (body) psychological (mind) and spiritual heart (soul), leading to the ultimate goal of liberation.

Restorative Yoga: A unique class combining the best of both yoga and stretching, to relax, invigorate and rejuvenate the mind/body. All levels.

Slo Flo & Let Go: Moving with the breath and mindful awareness through sun salutations and basic postures, slow flow vinyasa is a gentle practice emphasizing strength, flexibility and alignment. Every class ends with aromatherapy and a 10 minute guided meditation in Savasana.

Vinyasa Yoga: A challenging, vigorous practice, focusing on synchronization of breath with continuous flow of movement. Builds heat, endurance, flexibility, strength & mental focus, while incorporating uplifting music. All levels.

Class Policies

For your Safety & Consideration of others.

1. Online Enrollment is available where indicated. Enrollment opens 24 hours before class begins and closes 1 hour before class begins or when class is full.

2. Should you need to cancel your reservation, you **MUST** cancel via your online Base Account no later than 1 hour before class begins. Not canceling and not showing up will result in a \$5.00 NO SHOW FEE. You are required to arrive at least 5 minutes before start time to avoid forfeiting your spot to a member on the waitlist.

3. When arriving at Base, members **MUST** check in at the front desk by:

- A) Scanning their Base keycard, and
- B) Highlighting their name on the class registration form.

4. Reception desk will have a waitlist ready once a class is full. Open spots will be given just before the start of class.

5. Please mention any physical limitations to the instructor prior to the start of class.

6. Class is closed **5 minutes** after start time. Please do not ask to be the exception.

7. When entering a class late, please begin in the back of class.

8. If you will be leaving class early, please exit as quietly as possible.

9. If you must bring a cell phone, please silence the ringer.

10. Hygiene is a must. Using deodorant prior to coming will help everyone around you have a better experience.