

# SEPTEMBER GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>*NEW*</b> 7:30 AM (X) 45 HIIT CARDIO CIRCUIT W/ ROBERT	6:15 AM (S) 45 SPIN W/ KEVIN	7:30 AM (X) 60 BASE BEAST W/ SAM	6:15 AM (S) 45 SPIN W/ KEVIN	7:30 AM (MB) 45 PILATES FUSION W/ MORGAN	<b>*NEW*</b> 9:00 AM (S) 45 SPIN W/ HALEY	9:00 AM (MB) 60 ENERGY FLOW YOGA W/ GABBY
<b>*NEW*</b> 12:00 PM (X) 45 BARS BELLS & BANDS W/ TRACI	7:30 AM (X) 45 HIIT CARDIO CIRCUIT W/ RACHEL	12:00 PM (X) 45 KETTLEBELL FLOW W/ JAMES	7:30 AM (MB) 60 POWERFLOW YOGA W/ IULIA	12:00 PM (X) 60 MINDFUL STRENGTH W/ CAIT	<b>*NEW*</b> 10:00 AM (X) 45 JUMP & PUMP W/ TRACI	9:00 AM (S) 45 SPIN W/ ROBERT
6:00 PM (X) 45 HIIT CARDIO CIRCUIT W/ RACHEL	12:00 PM (X) 45 SUPER SCULPT W/ SUSAN	1:00 PM (MB) 45 LUNCH CRUNCH W/ TRACI	12:00 PM (MB) 60 TRX W/ CAIT	1:15 PM (X) 60 FIT HIIT W/ SAM	10:30 AM (MB) 60 STRETCH & MOBILITY YOGA W/ KATHY	10:00 AM (BC) 60 FIT HIIT W/ SAM
6:30 PM (MB) 60 STRUCTURAL YOGA FLOW W/ DABA	6:00 PM (X) 45 HIIT CARDIO CIRCUIT W/ ODRIS	6:00 PM (X) 60 BASE BEAST W/ SAM	6:00 PM (X) 45 BARS BELLS & BANDS W/ TRACI	6:30 PM (MB) 60 STRUCTURAL YOGA FLOW W/ DABA	11:00 AM (X) 45 STRENGTH & TONE W/ ROBERT	10:30 AM (X) 45 ZUMBA W/ ODRIS
7:00 PM (S) 45 SPIN W/ TRACI	6:00 PM (MB) 45 TRX W/ MORGAN	6:15 PM (MB) 45 ABS/GLUTES W/ TRACI	7:00 PM (X) 45 ZUMBA W/ ODRIS			11:00 AM (BC) 60 FIT HIIT W/ SAM
<b>*NEW*</b> 7:00 PM (X) 45 SUPER SCULPT W/ HALEY	7:00 PM (MB) 60 DYNAMIC STRENGTH FLOW W/ STEVEN	7:00 PM (S) 45 SPIN & TONE W/ CINDY	6:00 PM (MB) 60 ALIGNMENT STRENGTH FLOW W/ STEVEN			
8:00 PM (X) 60 VXN W/ ELLE	7:00 PM (S) 45 SPIN W/ HALEY	7:15 PM (X) 60 ZUMBA W/ KELLY	7:15 PM (MB) 60 DYNAMIC STRENGTH FLOW W/ STEVEN			
8:00 PM (MB) 60 VINYASA YOGA W/ MORGAN	7:00 PM (X) 60 HIP FIT DANCE FITNESS W/ LAURA	7:30 PM (MB) 60 POWERFLOW YOGA W/ IULIA				



SIGN-UP FOR ALL CLASSES 24-HOUR PRIOR ON THE APP  
 BC - BASECAMP STUDIO  
 MB - MIND & BODY STUDIO  
 S - SPIN STUDIO  
 X - MAIN STUDIO

## Class Policies / Etiquette

- Sign-up for classes on the app (Base NJ) or on our website under the member tab. Registration starts 24-hours prior.
- If you can't make class, cancel your reservation up to 1 hour prior on the app/online, or give us a call.
- Everyone on a waitlist will receive an email when a spot opens up. Whoever enrolls in the class first, will receive the spot.
- Arrive at least 5 minutes before class or you may forfeit your spot to someone else.
- If you more than 5 min late, we will ask that you do not enter as stretches to prevent injury have already occurred.
- Phones should be turned off/silenced while in class.
- Be mindful of your personal hygiene when attending a class.
- Sanitize and return mats/equipment after using.
- Introduce yourself to the instructor if it's your first time taking their class.
- Plan on staying the full session, including end-of-class stretches.

For any questions, contact our Director of Group Fitness at [traci@basenj.com](mailto:traci@basenj.com)

**ABS/GLUTES: A CLASS WITH MOVEMENTS THAT WILL DEFINE ABDOMINALS, OBLIQUES, AND LOWER BODY.**

**ALIGNMENT STRENGTH FLOW: STRENGTH BASED VINYASA FLOW CLASS WITH AN EMPHASIS ON ALIGNMENT. FORM AND FUNCTION ARE THE FOUNDATION OF SAFE YOGA. ALL LEVELS WELCOME.**

**BARS, BELLS AND BANDS - MIXING IT UP EACH WEEK WITH A VARIETY OF EXERCISES USING DUMBBELLS, BARBELLS KETTLEBELLS AND BAND. FOCUSING ON FULL BODY CONDITIONING.**

**BASE BEAST: WITH A MIX OF WEIGHT, KETTLEBELL, AND BODYWEIGHT TRAINING, BASE BEAST USES CLASSIC SUPERSETS DONE AT HIGH INTENSITY TO DRIVE RESULTS FOR MUSCLE GAIN, FAT LOSS AND INCREASED CARDIOVASCULAR EFFICIENCY.**

**CARDIO HIIT CIRCUIT: A FAST-PACED CLASS MIXING CARDIO AND STRENGTH TRAINING INTO ONE. DURING THIS CLASS, YOU WILL CYCLE THROUGH SEVERAL EXERCISES TARGETING DIFFERENT MUSCLE GROUPS THAT WILL HELP TO BUILD MUSCLE AND BLAST FAT.**

**DYNAMIC STRENGTH FLOW: MOVEMENT BASE VINYASA FLOW CLASS THAT IS CREATIVE AND CHALLENGING. THIS CLASS IS STRONG AND FASTER PACED TO BUILD HEAT. ALL LEVELS WELCOME BUT TARGETS STUDENTS SEEKING SOMETHING INTERESTING AND INSPIRATIONAL.**

**ENERGY FLOW YOGA - IN THIS CLASS YOU'LL FLOW CONTINUOUSLY THROUGH BALANCED AND ENERGETIC SEQUENCES, LINKING BREATH WITH MOVEMENT, WHILE BUILDING STRENGTH, INCREASING FLEXIBILITY AND IMPROVING MOBILITY. INTENTIONALLY DESIGNED TO LEAVE YOU FEELING MORE ALIGNED AND ENERGIZED. ALL LEVELS.**

**FIT HIIT: HIGH INTENSITY WORKOUT TO GET YOUR HEART PUMPING THROUGH THE USE OF BODY WEIGHT, FREE WEIGHTS, BANDS, AND STEPS, NO MUSCLE LEFT UNTOUCHED. BE PREPARED TO SWEAT AND HAVE FUN!**

**HIP FIT DANCE FITNESS: HIGH INTENSITY WORKOUT TO GET YOUR HEART PUMPING. THROUGH THE USE OF BODY WEIGHT, FREE WEIGHTS, BANDS, AND STEPS. NO MUSCLE LEFT UNTOUCHED. BE PREPARED TO SWEAT AND HAVE FUN.**

**JUMP & PUMP: DESIGNED AND CREATED BY OUR INSTRUCTOR TRACI. THIS CLASS TARGETS STRENGTH TRAINING FOR ALL BODY PARTS BOTH UPPER AND LOWER BODY ALONG WITH JUMPING ROPE TO BUILD ENDURANCE AND CARDIOVASCULAR STRENGTH. YOU WILL MOVE THROUGH VARIATIONS OF EXERCISES IN A SOMEWHAT CHOREOGRAPHED FORMAT WITH HIGH ENERGY MUSIC TO HELP PUSH YOU ALONG. JUMP ROPES ARE PROVIDED.**

**KETTLEBELL FLOW: INTENSE FULL BODY WORKOUT WITH USE OF KETTLEBELLS, FREE WEIGHTS AND BODYWEIGHT.**

**LUNCH CRUNCH: DESIGNED TO GIVE YOU A CARDIO WORKOUT TARGETING ABS AND FULL BODY CARDIO. THIS CLASS WILL BE ALL YOU NEED TO SWEAT IT OUT USING DIFFERENT FITNESS PROPS SUCH AS TRX, JUMP ROPES, WEIGHTS AND BALLS. COME SWEAT IT OUT! LOCATED IN MIND BODY STUDIO.**

**MINDFUL STRENGTH: DEEPENS MIND-MUSCLE CONNECTION. IMPROVES STRENGTH, BALANCE, CORE CONTROL AND MENTAL FITNESS. THIS IS A FULL BODY WORKOUT WITH A DYNAMIC WARMUP- 4 STRENGTH SUPER SETS AND A RELAXING STRETCH.**

**PILATES FUSION: A FULL BODY WORKUP USING MUSIC AND RHYTHM TO DRIVE MOVEMENT, BLENDING PILATES EXERCISES WITH FUNCTIONAL TRAINING. YOU'LL DEVELOP FULL BODY STRENGTH, INCREASED RANGE OF MOTION AND WALK AWAY FEELING CONFIDENT AND ENERGIZED.**

**POWERFLOW: A YOGA CLASS WITH HINTS OF THE ASHTANGA PRACTICE MIXED THROUGHOUT. EMPHASIS ON BREATH AND FINDING YOUR INNER POWER.**

**SPIN: EVERYTHING YOU KNOW AND LOVE ABOUT SPIN, WE WILL HAVE YOU RIDE HILLS, JUMPS AND FLAT ROADS. COME PREPARED TO SWEAT.**

**SPIN & TONE: EVERYTHING YOU KNOW AND LOVE ABOUT SPIN, BUT WITH WEIGHTS. WE WILL HAVE YOU RIDE HILLS, JUMPS AND FLAT ROADS. COME PREPARED TO SWEAT & TONE.**

**SUPER STRENGTH: PERFECT COMBINATION OF WEIGHT TRAINING AND CARDIO. TURN IT UP WITH DUMBBELLS, BOOTY BANDS, GLIDERS STEPS AND ROPES! THIS TOTAL BODY CLASS WILL HAVE YOU BREAK A SWEAT, AND PUSH YOURSELF TO NEW LIMITS!**

**STRUCTURAL YOGA FLOW: GROUNDING PRACTICE INCLUDING STANDING, SEATED, SUPINE, AND RESTORATIVE POSES. STUDENTS ARE ENCOURAGED TO BECOME MINDFULLY ALIGNED IN POSES ACCESSIBLE FOR EVERY BODY AND EVERY LEVEL, USING PROPS AND INSTRUCTION. APPROPRIATE FOR ALL LEVELS AND ABILITIES, CAN MODIFY FOR INJURIES, PREGNANCY, AND OTHER CONDITIONS.**

**STRENGTH AND TONE: A MIX OF EXERCISES TO WORK THE WHOLE BODY AND ELEVATE YOUR HEART RATE. COME BURN CALORIES AND BUILD FITNESS & STRENGTH WHILE IMPROVING ENERGY LEVELS, FLEXIBILITY, BALANCE, AND CORE STRENGTH.**

**STRETCH & MOBILITY YOGA FLOW: A SMART BLEND OF YOGA AND MOBILITY TO TARGET COMMON AREAS OF TENSION, TIGHTNESS AND STAGNATION. REGAIN YOUR BEST RANGE OF MOTION TO MOVE WITH AWARENESS AND AGILITY.**

**SUPER SCULPT: GET READY TO WORK, SWEAT, AND BURN CALORIES. USING YOUR UPPER AND LOWER BODY TO CHANGE AND CHALLENGE HOW YOU WORK OUT. THIS CLASS PROVIDES ALL ELEMENTS YOU NEED FOR TOTAL BODY TONING.**

**TRX: THE TRX USES BODYWEIGHT EXERCISES THAT DEVELOP STRENGTH, BALANCE, FLEXIBILITY AND CORE STABILITY SIMULTANEOUSLY. TRX TRAINING WORKS OFF THE PRINCIPLES OF PUSH, PULL, PLANK, ROTATE, HINGE, LUNGE AND SQUAT. SOME MOVEMENTS WILL BE DONE OFF THE STRAPS WITH BODYWEIGHT, BANDS OR ADDITIONAL EQUIPMENT TO KEEP YOU CHALLENGED.**

**VINYASA YOGA: A CHALLENGING, VIGOROUS PRACTICE, FOCUSING ON SYNCHRONIZATION OF BREATH WITH CONTINUOUS FLOW OF MOVEMENT. BUILDS HEAT, ENDURANCE, FLEXIBILITY, STRENGTH AND MENTAL FOCUS, INCORPORATING UPLIFTING MUSIC. ALL LEVELS.**

**VXN: DANCE FITNESS FOCUSED ON IMPROVING THE PHYSICAL AND MENTAL WELLNESS OF WOMEN. THIS CLASS CREATES THE LIVE STAGE EXPERIENCE BY INCORPORATING TRENDING CHOREOGRAPHY, MUSICAL REMIXES, AND ATMOSPHERE LIGHTING LEAVING YOU FEELING LIKE A PERFORMER.**

**ZUMBA: AN INTERVAL WORKOUT. THE CLASSES MOVE BETWEEN HIGH- AND LOW-INTENSITY DANCE MOVES DESIGNED TO GET YOUR HEART RATE UP AND BOOST CARDIO ENDURANCE. AN ENERGIZING DANCE FITNESS CLASS FEATURING LATIN AND INTERNATIONAL MUSIC. EXERCISE IN DISGUISE.**