


Group Fitness Class Schedule

Effective November 30, 2016

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Spin 45 Kevin W. (:45)	6:15a S	Spin 45 Kevin W. (:45)	6:15a S	Spin 45 Kara H. (:45)	6:15a S	Spin 45 Dominic M. (:45)	6:15a S	Spin 45 Kevin W. (:45)	6:15a S	Spin David J.	8:30a S
Base Beast Ashley N.	7:00a BC	Vinyasa Yoga Troy R.	6:15a MB	Cardio Barre Will T. (:60) <i>new time</i>	6:15a X	Power Sculpt Emily V. (:45)	6:15a X	Shred new Michelle P.	7:00a BC	Hard Bodies Robert E.	9:30a X
		Power Flow Yoga Jeff S.	9:30a MB	Power Spin Robert E.	9:30a S			Vinyasa Yoga Troy R.	9:30a MB	Vinyasa (basics) Mondee H.	9:30a MB
				Restorative Yoga Oneika M.	10:00a MB			Spin Dominic M. (:45)	9:30a S	Spin Express Kevin W. (:45)	9:30a S
											
Power Flow Yoga Jeff S.	12:00p MB					Power Flow Yoga Jeff S.	12:00p MB	Zumba Jeannine S. (:45)	12:15p X	BaseCAMP James A.	10:30a BC
Zumba Jeannine S. (:45)	12:15p X	Spin Express Kara H. (:45)	12:00p S							Power Spin Robert E.	10:45a S
Super Sculpt Susan D. (:45)	1:00p X	BURN Kara H. (:45)	1:00p X	Super Sculpt Susan D. (:45)	1:00p X	Spin Power Eniko K. (:45)	12:00p S	Barre Burn Carrie J.	1:00p X	Vinyasa (int/adv) Mondee H.	10:45a MB
										Zumba Roxie G.	10:45a X
										Booty Barre Bianca R.	11:45a X
Double Impact new Jenna F. (starts 12/5)	6:00p BC							#Abs new Monica G. (:25)	5:30p MB		
Ripped Ride Kara H. (:45)	6:00p S	Super Sculpt new Susan D. (:45)	6:00p X	Booty Camp new Kara H. (:45)	6:00p X	Box & Sculpt Robert E. (:45)	6:30p X	Ripped Ride Monica G. (:45)	6:00p S	Base Beast Ashley N.	12:15p BC
Power Flow Yoga Troy R	6:30p MB	Ripped Ride new Monica G. (:45)	6:00p S	Ignite Yoga new Sara G.	6:30p MB	Power Spin Robert E. (:45)	7:15p S			Base Beast Ashley N.	
Booty Camp new Kara H. (:45)	7:00p X	Vinyassa Flow Jane B. <i>new</i>	7:00pm MB	Tabata Emily V.	7:00p X	Vinyasa (open) Oneika M.	7:15p MB	PiYO Cait R.	6:45p MB	Hard Bodies Robert E.	9:30a X
Spin 45 Dominic M. (:45)	7:00p S	Ride or Die Spin new Kara H. (:45)	7:00p S	Spin Kara H. (:45)	7:00p S	Zumba Roxie G.	8:00p X			Sweat & Surrender Dawn L. (:75)	9:30a S & MB
										Zumba Jennifer Q	10:30a X
Vinyasa Yoga (open) Troy R	7:30p MB	Evolution Paul V.	7:00p X	#Abs new Kara H. (:25)	7:45p MB	GREY box requires online enrollment. Use Base App to see and enroll in classes.				Vinyasa Yoga Daba B.	11:00a MB
Vixen Vanessa A.	8:00p X	Booty Barre Bianca R.	8:00p X	Hip Hop Lynn H.	8:00p X					Power Spin Robert E.	11:00a S
BURN Kara H	8:00p BC									Restorative Yoga Daba B.	5:00p MB

GREY box requires online enrollment prior to class.

Class times 60 mins unless otherwise noted

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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 classic supersets done at high intensity to drive results for muscle gain, fat loss and increased cardiovascular efficiency.

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.

Booty Barre- A total body sculpting class that targets each muscle group to completely transform your body. Small, intense targeted movements using light weights, overload the muscles to point of fatigue.

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

Box & Sculpt- A non-contact, action packed class that incorporates kicks from martial arts & upper body combinations from boxing. Challenging & rewarding. Ideal for men and women. All levels.

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

Cardio Barre- Barre methodology focuses on isolating muscle groups and providing an intense localized workout to strengthen one muscle group at a time: utilizing props, small weights, and a ballet barre. Combine that localized burn with aerobic movements to bump up your heart rate and the end result is a well-rounded hour of non-stop muscle activation. Bring socks, water, and a drive to break boundaries.

Double Impact- Release your inner warrior with Double Impact. This isn't your average cardio kickboxing class. We go through 5 rounds of combinations followed by high intensity power drills. *Boxing gloves provided, hand wraps are encouraged.*

Evolution- An intense circuit-based workout designed to work every muscle in the body, but focusing mostly on the heart.

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

Hip Hop- A cardio dance class, infusing all genres. Taught by Jersey City's very own ChicPEA!

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

Ride or Die Spin- You get what you give! Commit to this 45 minute intense, fun, loud, heart pumping ride. The twists and turns up hills, flats, sprints and road terrain, make this ride challenging and fun.

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.

Shred- This circuit style HIIT class is designed to tone and sculpt your full body while incorporating blasts of high intensity cardio to get you strong and shredded. Shred combined weights, bodyweight movements, core work, and blasts of HIIT cardio to train your inner and outer muscles to achieve the lean, shredded look while increasing your strength too.

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

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

Sweat & Surrender- Our Master Class is a 75 minute, 2-part experience that gives you the benefits of both Spin & Yoga. The class begins with 40 minutes of Spinning followed by 35 minutes of rejuvenating yoga to stretch out the muscles you've just worked.

Tabata-Short bursts of High Intensity exercises followed by short bursts of rest repeating for several rounds. Tabata training will raise your metabolism and heart rate immediately. Since you are performing these exercises at a very high intensity, your body will have to work much harder to keep it up.

Vixen- a dance fitness program using choreography from all genres of commercial dance including hip-hop, house, jazz funk, and street styles inspired by what you see in performances and videos of your favorites artists. The concept is made to empower women by making them feel like they are larger than life.

Zumba- A fusion of Latin and international music dance themes creating a 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

Ignite Yoga- This energetic vinyasa class is suitable for all levels of practitioner. Modifications will be offered for beginner level students while more advanced students can also expect a good challenge. All classes will focus on proper alignment techniques and safe and intelligent sequencing progressions. Some previous yoga experience is suggested.

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. Hands on adjustments are given, while inspiring music is played. All levels.

PIYo— A music-driven athletic workout inspired by Pilates and Yoga. It includes flexibility training, strength training, conditioning and dynamic movement. PIYo is a workout everyone can enjoy because it offers modifications and progressions for all fitness levels. Each class focuses on flow and fusion.

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

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

Class Policies

For Your Safety & In 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 10 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