

# SEPTEMBER GROUP FITNESS SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|---|--|--|--|--|---|---|
| 6:15 AM (S) 45<br>SPIN<br>W/ KEVIN                | 7:00 AM (MB) 45<br>POP PILATES<br>W/ SALLY               | 6:15 AM (S) 45<br>SPIN<br>W/ KEVIN               | *NEW CLASS*<br>7:30 AM (X) 45<br>MUSCLE DRIP<br>W/ ISA     | 6:15 AM (S) 45<br>SPIN<br>W/ KEVIN             | 9:00 AM (S) 45<br>SPIN<br>W/ LISA                 | 9:30 AM (MB) 60<br>ENERGY FLOW YOGA<br>W/ GABBY |
| 7:30 AM (MB) 60<br>POWERFLOW YOGA<br>W/ IULIA     | 12:00 PM (X) 45<br>SUPER SCULPT<br>W/ SUSAN              | 7:30 AM (X) 60<br>BASE BEAST<br>W/ SAM           | 7:30 AM (MB) 60<br>POWERFLOW YOGA<br>W/ IULIA              | 7:30 AM (MB) 45<br>PILATES FUSION<br>W/ MORGAN | 9:00 AM (X) 45<br>BODY BLAST<br>W/ ROBERT         | 9:30 AM (S) 45<br>SPIN<br>W/ ROBERT             |
| 12:00 PM (X) 45<br>FIT HIIT<br>W/ JAIMEE          | 1:00 PM (X) 45<br>BELL BURN<br>W/ JAMES                  | 12:00 PM (X) 45<br>MINDFUL STRENGTH<br>W/ JAIMEE | 12:00 PM (X) 45<br>KETTLEBELL FLOW<br>W/ JAMES             | 12:00 PM (X) 60<br>FIT HIIT<br>W/ SAM          | 10:00 AM (X) 45<br>HIIT CARDIO CIRCUIT<br>W/ LISA | 9:15 AM (BC) 60<br>FIT HIIT<br>W/ SAM           |
| 12:00 PM (MB) 60<br>POWERFLOW YOGA<br>W/ MELISSA  | 6:00 PM (X) 45<br>ABS & GLUTES<br>W/ CIERRA              | 6:00 PM (X) 60<br>BASE BEAST<br>W/ SAM           | 6:00 PM (X) 45<br>HIIT CARDIO CIRCUIT<br>W/ ODRIS          | 5:00 PM (MB) 45<br>TRX<br>W/ MORGAN            | 10:00 AM (MB) 60<br>VINYASA YOGA<br>W/ STEVEN     | 10:30 AM (X) 45<br>ZUMBA<br>W/ ODRIS            |
| 6:00 PM (S) 45<br>SPIN<br>W/ LISA                 | 6:00 PM (MB) 45<br>PILATES FUSION<br>W/ HALEY            | 6:00 PM (MB) 45<br>PILATES FUSION<br>W/ MORGAN   | 6:00 PM (MB) 60<br>ALIGNMENT<br>STRENGTH FLOW<br>W/ STEVEN | 6:00 PM (X) 45<br>LEAN & MEAN<br>W/ MONICA     | 11:00 AM (X) 45<br>LEAN & MEAN<br>W/ JAIMEE       | 10:15 AM (BC) 60<br>FIT HIIT<br>W/ SAM          |
| 6:00 PM (X) 45<br>HIIT CARDIO CIRCUIT<br>W/ HALEY | 7:00 PM (MB) 60<br>DYNAMIC STRENGTH<br>FLOW<br>W/ STEVEN | 7:00 PM (S) 45<br>SPIN<br>W/ CINDY               | 6:00 PM (S) 45<br>SPIN<br>W/ MONICA                        | 6:30 PM (MB) 60<br>VINYASA YOGA<br>W/ DABA     | 11:30 AM (MB) 60<br>POWERFLOW YOGA<br>W/ MELISSA  | 1:30 PM (MB) 60<br>VINYASA YOGA<br>W/ JAMES     |
| 6:30 PM (MB) 60<br>FLOW<br>W/ DABA                | 7:00 PM (S) 45<br>SPIN<br>W/ HALEY                       | 7:15 PM (X) 60<br>ZUMBA<br>W/ KELLY              | 7:00 PM (X) 45<br>ZUMBA<br>W/ ODRIS                        |  |   |   |
| 7:00 PM (X) 45<br>SUPER SCULPT<br>W/ HALEY        | 7:00 PM (X) 45<br>KETTLEBELL FLOW<br>W/ MONICA           | 7:30 PM (MB) 60<br>POWERFLOW YOGA<br>W/ IULIA    | 7:15 PM (MB) 60<br>DYNAMIC STRENGTH<br>FLOW<br>W/ STEVEN   |  |   |   |
| 8:00 PM (MB) 60<br>VINYASA YOGA<br>W/ MORGAN      |  |  |  |  |   |   |
| 8:00 PM (X) 60<br>VXN<br>W/ ELLE                  |  |  |  |  |   |   |

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

**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.

**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.

**BELL BURN:** MIXING IT UP EACH WEEK WITH A VARIETY OF EXERCISES USING KETTLEBELLS, DUMBBELLS, AND MORE! TARGETING AND STRENGTHENING THE ENTIRE BODY.

**BODY BLAST:** A FUN, INTENSE CLASS THAT CHALLENGES BOTH YOUR MIND AND BODY. DESIGNED FOR ALL FITNESS LEVELS. THIS WORKOUT COMBINES HIIT, CARDIO AND RESISTANCE TRAINING. LAST SET, BEST SET!

**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!

**FLOW:** A DYNAMIC YOGA PRACTICE COMBINING ENERGIZING MOVEMENT, BREATHWORK, AND ALIGNMENT. APPROPRIATE FOR ALL LEVELS, AGES, AND CONDITIONS.

**KETTLEBELL FLOW:** LEARN TO COMBINE DEADLIFTS, SWINGS, CLEANS & MORE IN A DYNAMIC WORKOUT THAT TARGETS AND STRENGTHENS THE ENTIRE BODY.

**LEAN & MEAN:** A MODERATE INTENSITY WORKOUT USING HIGH REPS, LIGHT-MEDIUM WEIGHTS, AND CARDIO DRILLS TO SHAPE AND TONE YOUR FULL BODY.

**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.

**MUSCLE DRIP:** EXPECT AN ELECTRIFYING WORKOUT THAT WILL LEAVE YOU INVIGORATED, EMPOWERED, AND PROUD OF YOUR PROGRESS. STEP INTO A POWER-PACKED SESSION THAT COMBINES TARGETED RESISTANCE TRAINING, FUNCTIONAL MOVEMENTS, AND INTENSE CARDIO BURSTS TO CHALLENGE EVERY MUSCLE GROUP.

**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.

**POP PILATES:** A TOTAL BODY PILATES CLASS CHOREOGRAPHED TO THE BEAT OF YOUR FAVORITE POP MUSIC HITS - USING MUSIC TO INSPIRE MOVEMENT THAT IS MEANT TO BE CHALLENGING, EFFECTIVE, ACCESSIBLE TO ALL LEVELS, AND MOST IMPORTANTLY, FUN!

**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.

**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.

**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.

## 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.
- 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 [mayrin@basenj.com](mailto:mayrin@basenj.com)