

# SEPTEMBER GROUP FITNESS SCHEDULE

## MONDAY

7:00 AM (X) 45  
HUSTLE \* **NEW**  
W/ LISA

12:00 PM (X) 45  
MUSCLE DRIP \*  
W/ JAIMEE

1:00 PM (MB) 60  
POWERFLOW  
YOGA \* **NEW**  
W/ STEVEN

5:45 PM (MB) 45  
SUSPEND &  
SCULPT \*  
W/ LISA

6:00 PM (X) 45  
MUSCLE DRIP \*  
W/ HALEY G.

6:45 PM (MB) 60  
FLOW \*  
W/ DABA

7:00 PM (X) 45  
DEFINE \*  
W/ DIANA

8:00 PM (MB) 60  
VINYASA YOGA \*  
W/ CINDY

## TUESDAY

6:15 AM (MB) 45  
SUSPEND & SCLUPT \*  
W/ MONICA

7:15 AM (MB) 45  
PILATES FUSION \*  
W/ WILL

12:00 PM (X) 45  
DEFINE \*  
W/ SUSAN

5:00 PM (MB) 45  
PILATES FUSION \*  
W/ MANDY

6:00 PM (MB) 45  
PILATES FUSION \*  
W/ MANDY

6:00 PM (X) 45  
CORE & MORE \*  
W/ MONICA

7:00 PM (X) 45  
MUSCLE DRIP \*  
W/ JAIMEE

7:30 PM (MB) 60  
DYNAMIC STRENGTH  
FLOW \*  
W/ STEVEN

8:00 PM (X) 60  
ZUMBA \*  
W/ ODRIS

## WEDNESDAY

6:15 AM (MB) 45  
PILATES FUSION \*  
W/ HALEY G

7:30 AM (X) 60  
MUSCLE DRIP \*  
W/ SAM

7:30 AM (MB) 60  
ENERGY FLOW  
YOGA \*  
W/ GABBY

12:00 PM (X) 45  
DEFINE \*  
W/ JAIMEE

6:00 PM (X) 60  
HUSTLE \* **NEW**  
W/ SAM

6:00 PM (MB) 45  
VINYASA YOGA \*  
W/ CINDY

7:15 PM (X) 60  
DEFINE \*  
W/ DIANA

7:30 PM (MB) 60  
POWERFLOW  
YOGA \*  
W/ IULIJA

## THURSDAY

6:15 AM (X) 45  
DEFINE \*  
W/ HALEY M. \* **NEW**

7:30 AM (MB) 60  
POWERFLOW  
YOGA \*  
W/ IULIJA

12:00 PM (X) 60  
HUSTLE \* **NEW**  
W/ CAIT

6:00 PM (X) 45  
BEAST TRAINING  
CAMP \*  
W/ ODRIS

6:00 PM (MB) 60  
ALIGNMENT  
STRENGTH FLOW \*  
W/ STEVEN

7:00 PM (X) 60  
ZUMBA \*  
W/ ODRIS

7:15 PM (MB) 60  
DYNAMIC STRENGTH  
FLOW \*  
W/ STEVEN

## FRIDAY

7:30 AM (MB) 45  
PILATES FUSION \*  
W/ WILL

8:30 AM (MB) 60  
POWERFLOW  
YOGA \*  
W/ STEVEN

12:00 PM (X) 60  
HUSTLE \* **NEW**  
W/ SAM

1:00 PM (MB) 45  
SUSPEND &  
SCULPT \*  
W/ MANDY

6:00 PM (X) 45  
MUSCLE DRIP \*  
W/ MONICA

6:30 PM (MB) 60  
VINYASA YOGA \*  
W/ DABA

## SATURDAY

9:00 AM (X) 45  
CORE & MORE \*  
W/ LISA

10:00 AM (X) 45  
BEAST TRAINING  
CAMP \*  
W/ LISA

10:00 AM (MB) 60  
ALIGNMENT  
STRENGTH FLOW \*  
W/ STEVEN

11:00 AM (X) 45  
DEFINE \*  
W/ JAIMEE

11:30 AM (MB) 60  
POWERFLOW  
YOGA \*  
W/ DABA

## SUNDAY

9:00 AM (X) 45  
PILATES FUSION \*  
W/ MARIA

9:00 AM (MB) 60  
ENERGY FLOW  
YOGA \*  
W/ GABBY

9:15 AM (BC) 60  
BEAST TRAINING  
CAMP \*  
W/ SAM

10:15 AM (BC) 60  
BEAST TRAINING  
CAMP \*  
W/ SAM

10:30 AM (X) 60  
ZUMBA \*  
W/ ODRIS

10:30 AM (MB) 60  
RECOVERY &  
MOBILITY \*  
W/ RODOLFO

2:00 PM (MB) 60  
VINYASA YOGA \* **NEW**  
W/ JAMES

**DANCE CLASSES \***  
**STRENGTH CLASSES \***  
**MIND/BODY CLASSES \***  
**STRENGTH CONDITIONING/HIIT CLASSES\***

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

**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.

**BEAST TRAINING CAMP:** AN ADVANCED FULL BODY STRENGTH CONDITIONING CLASS THAT IS DESIGNED TO CHALLENGE YOUR CARDIO RESPIRATORY SYSTEM. CLASS CONSISTS OF A SERIES OF STATIONS WHERE EXERCISES ARE PERFORMED AT A HIGH INTENSITY. CLASS COMBINES BOTH FREE WEIGHTS AND BODYWEIGHT EXERCISES.

**CORE & MORE:** A CLASS FOR ALL LEVELS LOOKING TO BUILD STRENGTH IN THE CORE AND THE GLUTES. THIS CLASS WILL HELP ACTIVATE YOUR DEEP CORE MUSCLES AND TEACH YOU HOW TO PROPERLY BREATHE AND BRACE TO ASSIST YOU IN ALL OTHER FITNESS PURSUITS.

**DEFINE:** A CLASS DESIGNED TO HELP YOU MASTER THE FUNDAMENTALS OF STRENGTH TRAINING AND MOVE BETTER. THIS CLASS WILL ENHANCE YOUR MIND MUSCLE CONNECTION AND IMPROVE YOUR CORE STRENGTH, BALANCE AND OVERALL SYMMETRY. YOU'LL LEAVE WITH A SERIOUS FULL BODY BURN AND A DEEPER APPRECIATION FOR MOVEMENT.

**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.

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

**HUSTLE:** A HYBRID TRAINING CLASS COMBINING TRADITIONAL STRENGTH TRAINING AND CARDIO FOCUSED STATIONS. THIS FULL BODY WORKOUT AIMS TO BUILD AEROBIC AND ANAEROBIC CAPACITY, MUSCULAR ENDURANCE, AND RESILIENCE! ARE YOU READY TO HUSTLE?

**MUSCLE DRIP:** A FULL BODY WORKOUT THAT COMBINES FUNCTIONAL RESISTANCE TRAINING MOVEMENTS WITH BURSTS OF HIGH INTENSITY CARDIO. THIS HIIT STYLE CLASS MOVES QUICKLY WITH LITTLE DOWNTIME TO KEEP YOUR HEART RATE ELEVATED AND SWEAT DRIPPING!

**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.

**PILATES PUMP :** A DYNAMIC AND ENERGIZING WORKOUT THAT COMBINES THE PRINCIPLES OF PILATES WITH THE USE OF DUMBBELLS FOR ADDED STRENGTH TRAINING. THIS CLASS WILL HELP BUILD STRENGTH, TONE YOUR BODY, AND LEAVE YOU WITH A SERIOUS MUSCLE PUMP!

**POWERFLOW YOGA:** A YOGA CLASS THAT WILL HELP YOU FIND YOUR POWER. EXPERIENCE A MID-INTENSITY FLOW THAT WILL MOVE YOU SEAMLESSLY FROM SUN SALUTATIONS TO A FINAL PEAK POSE. CLASS FOCUSES ON BREATHWORK TO ENSURE YOU LEAVE CLASS FEELING BOTH CHALLENGED AND BALANCED.

**RECOVERY & MOBILITY:** A CLASS FOR THOSE LOOKING TO RESTORE THEIR BODY, ALLEVIATE STIFFNESS AND PREVENT INJURY. CLASS WILL HELP IDENTIFY AREAS OF YOUR BODY THAT NEED EXTRA TLC TO KEEP YOU FEELING AND PERFORMING YOUR BEST. YOU WILL USE LOW-INTENSITY MOVEMENTS TO INCREASE BLOOD FLOW AND YOUR RANGE OF MOTION AS WELL AS STATIC STRETCHING AND DEEP BREATHING TO RELAX AND UNWIND.

**SUSPEND & SCULPT:** A FULL BODY WORKOUT THAT WILL MAKE YOU APPRECIATE THE POWER OF TRAINING WITH YOUR OWN BODYWEIGHT AS RESISTANCE. YOU WILL MOVE THROUGH DYNAMIC CIRCUITS THAT HELP IMPROVE YOUR STRENGTH, MOBILITY, AND TECHNIQUE BY FINE TUNING FOUNDATIONAL MOVEMENTS WITH TRX AND MAT-BASED EXERCISES.

**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.

**ZUMBA:** AN ENERGIZING DANCE FITNESS CLASS FEATURING LATIN AND INTERNATIONAL MUSIC. THE ROUTINES FEATURE AEROBIC/FITNESS INTERVAL TRAINING WITH A COMBINATION OF FAST AND SLOW RHYTHMS TO TONE AND SCULPT THE BODY.

## 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 the warm-up has 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 [jaimie@basenj.com](mailto:jaimie@basenj.com)