

The WoW Group Training Schedule Is Proudly Sponsored By:

WoW members receive a special **5% discount** on auto insurance through Plymouth Rock Assurance. Call (800) 521-4082 or [click here](#) to get your fast, free quote!



3681 Route 9 North Freehold | 732.683.1313

MAY

CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm

BABYSITTING HOURS: Mon.-Thurs. 8am-12pm & 4pm-8:30pm // Fri. 8am-12pm // Sat. & Sun. 8am-12pm

PLEASE BRING YOUR KEY TAG TO CLASS

In order to monitor class access, ALL members are required to bring their key tag to EVERY class.

		WEEKDAY					WEEKEND	
		MON	TUE	WED	THU	FRI	SAT	SUN
GROUP TRAINING ROOM 1	8:00am	GROUP XPOWER KIESHA	GROUP CENTERGY MICHELLE	GROUP STEP KIESHA	GROUP XPOWER JILL	GROUP XPOWER LISA S.	BOOT CAMP CHRISTINA \$	GROUP STEP LAUREN
	9:00am	BOOT CAMP LISA J. \$	GROUP CORE LISA J.	BOOT CAMP JAMES \$	PILATES LISA J.	GROUP STEP LISA S.	8:30am	9:00am
	10:00am	GROUP CORE LISA J.	GROUP KICK LISA J.	GROUP XPOWER LISA J.	9:30am	10:00am	9:30am	10:00am
	10:30am	ZUMBA DEBBIE FITNESS	GROUP XPOWER LISA S./RICH	GROUP ACTIVE DONNA	10:30am	11:00am	10:30am	11:00am
	4:00pm	GROUP STEP LORI	PILATES NANCY	GROUP XPOWER CHRISTINA	11:00am	12:00pm	11:00am	12:00pm
	5:00pm	GROUP CORE JEN	GROUP ACTIVE ERIKA	GROUP STEP SHARI	4:00pm	4:30pm	12:00pm	12:00pm
	5:30pm	GROUP XPOWER JEN	GROUP CORE ERIKA	GROUP KICK JILLIAN	4:30pm	5:00pm	12:00pm	
	6:30pm	GROUP KICK ERIKA	BOOT CAMP LAUREN P. \$	GROUP CENTERGY LISA J.	5:30pm	6:00pm	ZUMBA ALLISON FITNESS	
	7:30pm	ZUMBA LISA S. FITNESS	BEGINNERYOGA LAUREN B.		6:30pm	6:00pm		
					7:30pm			

\$ Boot Camp is a specialty group training program and is a paid service. Grab some details at myworkoutworld.com



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WEEKDAY						WEEKEND	
	MON	TUE	WED	THU	FRI	SAT	SUN
CYCLING ROOM	9:30am GROUP RIDE® NICOLE	5:30am CYCLE AWILDA	9:30am GROUP RIDE® CHRISTINA	9:30am GROUP RIDE® RICH	9:30am CYCLE CHRISTINA	8:00am CYCLE KELLEY	10:00am GROUP RIDE® JILL/CHRISTINA
	6:30pm GROUP RIDE® JILL	10:00am GROUP RIDE® RICH/ED	6:30pm GROUP RIDE® JILL	5:30pm CYCLE CAMILLE		9:00am GROUP RIDE® JILL	
		5:30pm GROUP RIDE® CHRISTINA					

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PROGRAM DESCRIPTIONS



Amplify your results with Boot Camp! Push yourself to burn up to 1,200+ calories in this intense and challenging 60 minute specialty group training program. It's about breaking through by combining sports specific, functional, core and plyometric training that ramps-up your metabolism and delivers results to every single muscle of your body. Boot Camp is your workout evolved!

\$ = Paid Service



Group Power is your hour of Power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls. Group Power is for all ages and fitness levels. Discover results, discover Group Power!



Group Kick brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!



Redefine yourself with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.



Discover new heights with Group Step! Utilizing the step in many different positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.



If you can move, you can Groove. You'll stomp, flick, wiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove.



Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for any one that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride on!



Activate your life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength, improve your balance and flexibility. All in a supportive group environment with motivating music and caring instructors. Get more out of life....Get Active!



Let's get Hard Core! Train like an athlete in 30 action-packed minutes. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform — all to challenge you like never before. Reach Your Peak with Group Core!



Zumba is a 60 minute class utilizing an interval style of training — combining slower dances with faster upbeat songs and songs dedicated to toning movements (arms, abs, legs). The instructor will usually dance in front of the class, while the students follow along. Zumba includes salsa, merengue, cha-cha, cumbia, soca and samba, combined with hip hop and reggaeton.



Strengthen, lengthen and tone all core and stabilization areas while increasing flexibility, range of motion and perfecting posture. Perfect for all fitness levels.



Lengthen all the major muscle groups of the body utilizing static stretches. Relax your mind as well as your body. Stretch is designed for all fitness levels.



Based on an ancient form of movement that promotes balance, strength, flexibility and relaxation through various postures and breathing techniques. Please bring your own yoga mat.



This is a more dynamic and flowing style of yoga that connects movement with breath. This is designed for the more intermediate/advanced participant.



Basic yoga movements fused with core conditioning pilates movements. This combination of mind/body disciplines is ideal for all fitness levels.



Fit Balls are utilized for cardio and core conditioning & strengthening. All fitness levels are encouraged, as options to movements are provided.



An individually paced, non-competitive cycling class. Utilize different riding positions and terrains to enable you to cycle more effectively. Please bring a towel and water to class!