

The WoW Group Training Schedule Is Proudly Sponsored By:



**HEALTHY WAY**  
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- Mold Remediation/Testing
- Foundation Repair
- Basement Remodeling

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980 Shrewsbury Avenue Tinton Falls | 732.389.8500

**MAY**

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

**BABYSITTING HOURS:** Mon.-Thurs. 8am-12pm & 3:45pm-8:15pm // Fri. 8am-12pm // Sat. & Sun. 7:45am-12:30pm

**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
<b>GROUP TRAINING ROOM 1</b>	8:30am	GROUP XPOWER <sup>®</sup> ALYSSA	GROUP XPOWER <sup>®</sup> JEN H.	GROUP XPOWER <sup>®</sup> MICHELE	GROUP XPOWER <sup>®</sup> DARLENE	GROUP KICK <sup>®</sup> JEN H.	GROUP STEP <sup>®</sup> ALYSSA/KELLY M.	GROUP XPOWER <sup>®</sup> LISA H. \$
	9:30am	GROUP BOOT CAMP <sup>®</sup> KYLEIGH \$	GROUP CORE <sup>®</sup> SANDRA	GROUP BOOT CAMP <sup>®</sup> KYLEIGH \$	GROUP groove <sup>®</sup> ALYSSA	GROUP CORE <sup>®</sup> JEN H.	GROUP XPOWER <sup>®</sup> ALYSSA/CLEVERSON	GROUP XPOWER <sup>®</sup> LISA J.
	10:30am	GROUP KICK <sup>®</sup> JANNETJE	GROUP STEP <sup>®</sup> JANNETJE	GROUP CORE <sup>®</sup> JANNETJE	GROUP STEP <sup>®</sup> ALYSSA	GROUP CORE <sup>®</sup> ALYSSA	GROUP KICK <sup>®</sup> JEN H./CLEVERSON	GROUP CORE <sup>®</sup> LISA J.
	11:30am	GROUP ACTIVE <sup>™</sup> RACHEL	GROUP XPOWER <sup>®</sup> JANNETJE	GROUP ACTIVE <sup>™</sup> KRISTEN	GROUP CORE <sup>®</sup> MAUREEN	GROUP CARDIO BALL <sup>®</sup> ALYSSA	GROUP CORE <sup>®</sup> JEN H./MARY BETH	GROUP KICK <sup>®</sup> MELISSA
	4:00pm	GROUP XPOWER <sup>®</sup> MELANIE	GROUP CORE <sup>®</sup> ALYSSA	GROUP XPOWER <sup>®</sup> LORI	GROUP XPOWER <sup>®</sup> LORI	GROUP XPOWER <sup>®</sup> RACHEL	GROUP BOOT CAMP <sup>®</sup> KYLEIGH \$	GROUP groove <sup>®</sup> NAOMI
	5:00pm	GROUP STEP <sup>®</sup> KELLY U.	GROUP ZUMBA <sup>®</sup> MICHELLE FITNESS	GROUP STEP <sup>®</sup> LORI	GROUP STEP <sup>®</sup> LORI	GROUP ACTIVE <sup>™</sup> SANDY		
	6:00pm	GROUP XPOWER <sup>®</sup> GINA	GROUP ACTIVE <sup>™</sup> DONNA/KRISTEN	GROUP groove <sup>®</sup> MARY BETH	GROUP XPOWER <sup>®</sup> JEN H.	GROUP CORE <sup>®</sup> JANNETJE		
	7:00pm	GROUP STEP <sup>®</sup> GINA	GROUP KICK <sup>®</sup> MELANIE	GROUP KICK <sup>®</sup> MELISSA	GROUP CORE <sup>®</sup> LISA J.	GROUP XPOWER <sup>®</sup> JANNETJE		
	8:00pm	GROUP ZUMBA <sup>®</sup> JOANNA FITNESS	GROUP CORE <sup>®</sup> MICHELE		GROUP BOOT CAMP <sup>®</sup> LISA J. \$	GROUP CORE <sup>®</sup> KELLY M.		
			GROUP BOOT CAMP <sup>®</sup> MICHELE \$		GROUP XPOWER <sup>®</sup> LISA J.	GROUP STEP <sup>®</sup> KELLY M.		
			GROUP XPOWER <sup>®</sup> MARY BETH					

\$ Boot Camp is a specialty group training program and is a paid service. Grab some details at [myworkoutworld.com](http://myworkoutworld.com)



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		WEEKDAY					WEEKEND	
		MON	TUE	WED	THU	FRI	SAT	SUN
GROUP TRAINING ROOM 2	8:30am	<b>YOGA</b> JEN J.	<b>GROUP CENTERGY*</b> LORI	<b>GROUP CENTERGY*</b> MARY BETH/LORI	<b>GROUP CENTERGY*</b> SANDRA	<b>YOGA</b> JANNETJE	<b>PILATES</b> MICHELE	<b>ZUMBA FITNESS</b> DARLENE
	9:30am	<b>GROUP CENTERGY*</b> MICHELE	<b>INTERMEDIATE YOGA</b> LOREN/ROSE	<b>STRETCH</b> SANDY	<b>PILATES</b> MICHELE	<b>PILATES</b> JAMIE	<b>STRETCH</b> LOREN	<b>GROUP CENTERGY*</b> MARY BETH
	5:00pm	<b>STRETCH</b> LOREN	<b>GROUP CENTERGY*</b> DONNA/RACHEL	<b>PILATES</b> JANNETJE	<b>VINYASAYOGA</b> DANA	<b>GROUP CENTERGY*</b> KRISTEN	<b>YOGA</b> EDDIE	<b>INTERMEDIATE YOGA</b> ROSE
	6:00pm	<b>BEGINNERYOGA</b> DAWN		<b>INTERMEDIATE YOGA</b> ROSE		<b>YOGA</b> LOREN		
	7:00pm	<b>GROUP CENTERGY*</b> MARY BETH		<b>GROUP CENTERGY*</b> DONNA				
				<b>6:00pm</b>				
				<b>BEGINNERYOGA</b> JEN J.				
				<b>7:00pm</b>				
				<b>VINYASAYOGA</b> JEN J.				
CYCLING ROOM	5:30am	<b>CYCLE</b> JOY	<b>GROUP RIDE*</b> SANDRA	<b>CYCLE</b> JOY	<b>GROUP RIDE*</b> JOY	<b>CYCLE</b> RACHEL	<b>CYCLE</b> MERYL	<b>GROUP RIDE*</b> JEN H./MERYL
	9:30am	<b>GROUP RIDE*</b> RACHEL	<b>CYCLE</b> DANIELLE	<b>GROUP RIDE*</b> MAUREEN	<b>GROUP RIDE*</b> SANDRA	<b>GROUP RIDE*</b> KARL/RICH	<b>GROUP RIDE*</b> MERYL	
	4:00pm	<b>GROUP RIDE*</b> KRISTEN		<b>CYCLE</b> TIM	<b>CYCLE</b> MAUREEN			
	6:00pm	<b>GROUP RIDE*</b> KARL		<b>CYCLE</b> MERYL	<b>GROUP RIDE*</b> JOY			
	7:00pm	<b>CYCLE</b> KARL		<b>GROUP RIDE*</b> MERYL				

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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!