



CARTERET - 60 Cooke Ave. Carteret, NJ 07008
732-541-2333 Phone
732-541-2021 Fax

Club Hours:

Monday - Friday: 5:00 am - 11:00 pm
Saturday & Sunday: 7:00 am - 7:00 pm

Daycare Hours:

Monday -Thursday: 9:00 am - 2:00 pm , 3pm - 8:30 pm
Friday: 9:00 am - 2:00 pm , 3pm - 8:00 pm
Saturday: 9:00 am - 1:00 pm
Sunday: 9:00 am - 12:00 pm

Group Exercise Etiquette:

- * Introduce yourself to the instructor if you are new to Group Exercise.
- * In order to prevent injury, do not enter a class already in session or leave before properly stretching and cooling down.
- * Please refrain from talking during class as it is distracting to other students and your instructor.
- * All cell phones should be turned off during class.

Class Attendance Policy:

- * Classes will be cancelled due to lack of interest, when instructor trainings are scheduled, and in order to make room for NEW programs as needed.
- * On holidays a special class schedule will be posted.
- * The schedule may change due to an emergency.
- * Please check the website for daily changes.
- * There must be a minimum of three members for a class to be held.

Check out our website www.rwjfitnesscarteret.com

Comments and suggestions regarding group fitness programs can be emailed to Chris Kurceski at Christinek@fitnessandwellness.org

Class Descriptions

Follow these Codes to get an idea what classes would be best for your fitness level : B=Beginner IN= Intermediate AD= Advance All= All levels

Cardio/Aerobic Classes:

BODYCOMBAT: (ALL) is the unique, martial arts-based workout designed for individuals looking to boost cardio fitness & benefit from total body conditioning. This class is addictive and fun!

BODYATTACK: (IN, AD) This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

INSANITY: (IN, AD) Revolutionary cardio based, total body conditioning program based on MAX interval training.

P90X: (IN, AD) Offers an amazing amount of variety with each workout. In each class you will focus on agility, balance, and mobility to achieve the ultimate you.

ZUMBA STEP: (ALL) Take your lower body workout and calorie burning to new heights with Zumba step. Tone and strengthen your glutes and legs with a gravity defying blend of Zumba routines and Step aerobics.

CAPOEIRA: (ALL) A multidisciplinary Brazilian art form incorporating elements of martial arts, acrobatics and dance

Body Step: (ALL) A full cardio workout that really tones your butt and thighs.

ZUMBA: (ALL) A fusion of Latin and international music providing an interval training session that is a mixture of body sculpting movements with easy to follow dance steps.

ZUMBA TONING: (ALL) Zumba using 1-2 lb weights allowing a fusion of cardio and toning.

Grit: (ALL) 30 minute class which features three unique workouts: Strength, Plyo & Cardio. Grit workouts switch between short bursts of intensity and recovery periods.

Power Circuit: (ALL) A circuit class that incorporates power moves.

Cycle Classes:

CYCLE: (ALL) This indoor group cycling class consists of a trained instructor who physically and verbally guides participants through a routine or "journey" on a stationary bike. First time riders please come a few minutes early to meet your instructor and set up your bike. A water bottle is mandatory and you will need a towel!

Resistance, Toning & Strength Training Classes:

BODYPUMP: (ALL) The original barbell class that appeals to individuals of all ages and fitness levels. Perfect for anyone striving to achieve maximum results in minimum time. A great alternative to weight training out on the gym floor.

BOXING: (ALL) Boxing inspired calisthenics and cardio exercises followed by various time heavy bag drills using the four basic strikes: The jab, the cross, the upper cut and the hook.

PiYo: (ALL) This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength & flexibility advantages of Yoga, but we crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean and incredibly defined.

Butt, Guts & Thighs: (ALL) A 30 minute class that targets the butt, guts & thighs.

Fit Barre: (ALL) Tone your body using the ballet barre.

Aqua Classes:

AQUA BOOTCAMP: (ALL) Get a divers workout while toning and firming your whole body.

AQUA RUN: (ALL) Take your run off of the treadmill and into the pool!

AQUA SCULPT: (ALL) Use noodles, weights, gloves, boards and your own resistance to burn fat and define muscles. Ideal for recovering athletes & members of all levels.

H2O BLAST: (ALL) This workout in the deep water pool, will get your heart rate up & will tone and firm your body. Run, jump and use special Aqua equipment to get a full body workout.

AQUA YOGA: (ALL) Join this unique "zen" aqua class where the focus will be on strengthening, lengthening and improving balance.

AQUA ZUMBA: (ALL) Take your Zumba class into the water. Lots of fun.

LIGHT SPLASH/AQUA LITE: (ALL) This entry level shallow water class offers basic movements, gentle range of motion exercises and "water walking".

Poolates: (ALL) A poolates class performed in the pool.

Cardio Interval: (ALL) A interval class that switches between sculpting and cardio moves.

Aqua Cardio: (ALL) A cardio aqua class that will get your heart rate up and burn calories.

Aqua Explosion: (ALL) A aqua class using noodles, weights and exploding moves.

Cardio Fusion: (ALL) Dance moves, aqua moves and strength training all fused together

Mind/Body Classes:

HATHA YOGA: (ALL) Hatha Yoga is the most traditional and familiar form of Yoga. Holding poses, feeling balanced and centered is the goal.

VINYASA YOGA: (ALL) A flowing style of Yoga filled with graceful movement. A basic knowledge of Yoga poses is helpful but not required.

Restorative Yoga: (ALL) A mellow Yoga class. Focusing on breath is a big part of Restorative Yoga.

Yoga Flow: (ALL) A gentle flowing yoga class.

Stretch & Relax: (ALL) After your workout give your muscles a stretch and relax your mind with meditation.

Special Population (Seniors/Arthritis):

CHAIR FITNESS/YOGA: (ALL) Gentle exercises, mostly performed in a chair by trained instructors who will help you increase your flexibility, mobility and reduce stress on your joints.

***FITKIDS:** Keep your children active and moving with our specialized programs geared for children. See front desk for schedules and registration forms.