



**RWJ RAHWAY
FITNESS & WELLNESS CENTER
CARTERET**

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 - 1:00 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.

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.

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.

HIIT: (ALL) This class involves a series of low to high intensity exercise workouts.

Cycle Classes:

CYCLE LITE: (ALL) A lighter intensity cycle class. A trained instructor guides participants through a routine or "journey" on a stationary bike.

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.

TABS, FLAB & ABS: (ALL) A 30 minute quick bootcamp style conditioning class to help fight that stubborn body fat and tone up the mid section.

QUICK FIX ABS: (ALL) A 30 minute class that targets your mid section.

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.

AQUA TAI CHI: (ALL) Tai Chi in the therapy pool. The water resistance allows practitioners to work their muscles, endurance and strength with less weight on their joints.

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.

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

AQUA MIX: (ALL) A aqua class using noodles & weights. This class combines cardio, strength training, and Yoga 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.

BODY FLOW: (ALL) Yoga based class that will improve your mind, body & life. Yoga moves that embrace elements of Tai Chi and Pilates to strengthen you & leave you centered and calm.

TAI CHI: (ALL) A form of martial art with history originating from China. Training improves balance, blood pressure, stress management and relaxation. The practice emphasizes slow, smooth movements that are described as "meditation in motion".

Barefoot Fusion - (ALL) - The focus of this class will be on the foundation of your feet & core. An added benefit of low impact cardio challenge to raise heart rates and at the same time challenging your muscles, strength & endurance.

Senior/Arthritis:

CHAIR FITNESS: (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.

CHAIR PILATES: (ALL) Gentle Pilates exercises performed in a chair.

Special Programs (Additional fees apply)

Wellness & Behavioral Change Programs (Bariatric, Diabetic,

Cardiac & Cancer): Working in collaboration with our Hospital Partners, these programs are for patients with chronic medical conditions. These programs utilize either a one-on-one or small group approach to provide participants with a personalized wellness and behavior change program that is unique to their medical condition/disease state.

Fit Kids: These programs are designed especially for children.

Small Group Training: 30 minute Small Group Training class.

This class is the foundation to enable you to progress.

Its quick & effective with flexible scheduling. Progressive

workouts to help you achieve your fitness goals.

Aqua Kinetics: Small Group Training class held in the pool.

Cartorex: This is the highest metabolic program. In this class you will progress to compound lifts that work multiple muscle groups. Increased techniques such as Kettlebells, ropes, lifting and plyometrics are used in this class.