










CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			*** Sing & Cycle - last Wednesday of the Month		** Special Disability Fitness Class - last Friday of the Month	
	5:45a-6:35a - Corefit 9:30a - Synergy  4:30p - Synergy 6:00p - Cycling	5:45a-6:35a Corefit  7:00p - Yoga	5:30a-6:30a - Synergy/Cycle 9:30a - Synergy 11a-11:50a - Functional Fitness ** <hr/> 4:30p - Synergy 6:00p - Cycling	5:30a-6:30a - Synergy/Power Yoga  6:00p - Synergy/Cycle	5:45a-6:35a - Corefit 9:30a - Synergy 	8:00a - Synergy/Cycle 
	5:45a-6:35a - Corefit 9:30a - Synergy  4:30p - Synergy 6:00p - Cycling	5:45a-6:35a Corefit  7:00p - Yoga	5:30a-6:30a - Synergy/Cycle 9:30a - Synergy 11a-11:50a - Functional Fitness ** <hr/> 4:30p - Synergy 6:00p - Cycling	5:30a-6:30a - Synergy/Power Yoga  6:00p - Synergy/Cycle	5:45a-6:35a - Corefit 9:30a - Synergy 	8:00a - Synergy/Cycle 
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**** Must Sign up for each class in advance - (609) 938 - 1970 ****



**\$99 unlimited classes per month,
includes membership.**

***Class cards can be purchased at
front desk.**

**YOU DO NOT NEED TO BE A
MEMBER TO ENJOY OUR CLASSES.**

**\$10 DROP IN FEE!
FIRST CLASS IS ALWAYS FREE!!**

**MUST SIGN UP FOR EACH
CLASS IN ADVANCE**

Synergy

This giant training apparatus uses cardio pieces, ropes, TRX, Punching bag, flat mat, free weights, body weight and more. It will challenge your cardio vascular stamina while strengthening your muscles and balance. Each class is 45 minutes in length and ends with an intense ab session.

Core-fit

This is a full body workout Incorporating weights and other Equipment to maximize the experience of HITT training.

Synergy/Cycle

This class combines everything synergy and cycle has to offer, 30-minute Synergy and 30-minute Cycling.

Cycling

This physical and mental bicycle (spin bike) workout will test your limits of stamina and strength while going on a virtual journey each week with a certified instructor.

Special Disability Fitness Class

Last Friday of every month there will be a private class that teaches young adults (14+) and adults with special needs, fitness, and strength training! Parents can work out for free during class.

Yoga

Gentle, beginner level yoga that uses different methods of yoga to challenge your flexibility and strength with a certified yoga instructor. This workout can be unfused with more challenging poses for those students that are able to advance at a faster pace.

Functional Fitness

55+ Active Older Adult Beginner Class – Sit or Stand – Class will involve weights/cardio and stretching.

Wellbeats *(included in membership)*

WELLBEATS is a virtual group fitness program that offers over 21 channels and hundreds of classes with something for every age, stage and ability. Our user-friendly filters make it easy to find exactly what you're looking. Classes are 5-50 minutes in length. A private fitness studio is dedicated for use of these classes, all equipment provided. Use of these classes is from 4a-11:59p except during spinning classes.

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