



ROBERT WOOD JOHNSON
FITNESS & WELLNESS CENTER

an affiliate of Robert Wood Johnson

Gateway Shopping Center, 1044 U.S. Highway 9 Parlin, NJ 08859

732-525-2900 Phone

732-525-2919 Fax

Club Hours

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

Daycare Hours

Monday - Thursday

8:30 am - 2:00 pm / 2:30 pm - 8:30 pm

Friday

8:30 am - 2:00 pm / 2:30 pm - 8:00 pm

Saturday / Sunday

8:30 am - 3:00 pm / 9:00 am - 1:00 pm

Comments and suggestions regarding group fitness programs can be emailed to [Jodi Berkowitz at Jodib@fitnessandwellness.org](mailto:Jodi.Berkowitz@Jodib@fitnessandwellness.org)

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 and pagers 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.rwjfitnessoldbridge.com

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

Cardio Lite: (B) Fun and lite cardio workouts with low impact moves that will get you moving without pain. Great for beginners.

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!

BODYSTEP:(IN, AD) is the energizing, step-based cardio class that uses simple movements on, over & around the step. It features cardio blocks to accelerate fat burning, followed by toning tracks to tone your whole body.

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

Rebounding Interval/Rebound Express:(IN, AD) a high intensity non-impact, cardio class on mini trampolines. Strength training intervals in the Rebounding Interval class.

BODYATTACK EXPRESS:(IN, AD) A shortened version on BODYATTACK

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

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 10 minutes early to meet your instructor and set up your bike.

A water bottle is mandatory and you will need a towel!

Pedal 'n Pump:(ALL) Join this cycle/sculpting fusion class which has intervals of peddling and toning with weights.

Resistance, Toning & Strength Training Classes

Rockin'Abs/ABX:(ALL) A 30 minute class that focuses solely on firming & toning your entire core.

CXWORKS:(ALL) This 30 min. core workout is short, sharp and will inspire you to the next level of fitness.

Chizze! It:(ALL) Work with hand weights, body bars, balls and more to blast the fat and define your muscles.

BODYVIVE:(ALL) Is a low-impact workout great for ALL exercisers, for those returning from injury,

post-natal moms and active adults who want the benefits of improved cardio fitness, strength & flexibility.

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.

KBX:(IN, AD) A strength circuit class that uses a variety of techniques such as cardio intervals, strength training and sports conditioning.

WillPower and Grace:(ALL) A unique class that is a fusion of postures, plyometrics & old school calisthenics that is based on a functional training philosophy. Don't let the name fool you, you will feel this workout the next day in muscles you didn't even know you had!

X-Treme Sculpt/X-Treme Fitness: (ALL) Sculpt your entire body in this extremely effective 55 minute workout using weights, tubes, balls and more.

Strength and Conditioning: Strengthen and condition your whole body using free weights, barbells and more. **(ALL)**

Total Body Conditioning:(ALL) This class is designed to build your strength and stamina through interval training. You will tone your muscles and burn a lot of calories.

Modifications will be given if you are new to this type of program.

Aqua Classes

Forever Fit Aqua :(B) Warm water therapy- great for anyone coming from rehab or with any type of arthritis. Ability to swim is not required.

Aqua Cardio:(ALL) Jump in and join this fun filled class designed to get you moving. Great for all levels.

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

Aqua Run:(ALL) Take your run off the treadmill and into the pool!

Aqua Sculpt:(ALL) Use noodles, weights, gloves, boards and your own resistance to burn fat and define muscles while in the warm water pool. Ideal for recovering athletes & members of all levels

Lite Splash:(ALL) This entry level shallow water class offers basic movements, gentle range of motion exercises, and "water walking".

Super Splash:(ALL) Join this 90-minute class that that will work you in the deep water & therapy pool to get your heart pumping, your muscles strong, & increase your balance & flexibility.

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

Aqua Pilates:(ALL) Join this unique aqua class where the focus will be on strengthening the core and improving balance.

H2O Cardio:(ALL) This class is designed to get you moving and your heart rate up.

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

Mind/Body Classes:

Gentle Pilates:(B) Pilates exercises at a slower pace with more modifications. Come away feeling stronger and longer.

Gentle/Lite Yoga:(B) A simple Hatha class that will give you the benefits of Yoga with many modifications.

Hatha Yoga:(ALL) Hatha Yoga is the most traditional and familiar form of yoga. Holding poses and working on balance, strength is the goal.

Pilates Mat:(ALL) Strengthen your entire body while focusing on core strength and stabilization. Improve your posture while creating long, lean muscles.

Pilates Reformer:(ALL) Work in a group or private session in our Reformer room utilizing Pilates equipment. For a free demo and/or price information contact Doreen McCafferty at the center.

Pilates Express:(ALL) A shortened version of pilates mat.

Power Yoga:(IN, AD) Experience the dynamic breathing and a strong challenging pace building on traditional Yoga poses. Very Athletic. Yoga experience preferred.

Tai Chi:(ALL) Discover complete harmony of the mind and body while performing graceful, fluid and well-balanced martial arts movements.

Vinaya Yoga:(ALL) A flowing style of Yoga filled with graceful movement.

A basic knowledge of Yoga poses is helpful but not required.

Pilates 4U Body:(ALL) Correct and perfect your pilates practice using classical principles and techniques.

Restore Yoga: (ALL) Yoga eases tension in the mind and rejuvenates the soul while increasing flexibility and strength. You develop a strong awareness of the breath and body, bringing balance, reducing injury and promoting happiness.

BODYFLOW:(ALL) Combines Yoga, Tia Chi, & Pilates & is designed for those and obtain a sense of well-being.

Pilates on the Ball:(ALL) Pilates exercises at a slightly slower pace using a stability ball. This class will strengthen your core and help with strength/balance

Toning on the Bar:(ALL) This class is a total body workout using bodyweight and intense leg and glut work at the ballet bar followed by abdominal work at the bar & floor.

Cardio/Dance Classes

Ballroom Dance:(ALL) Learn the basics of ballroom dance. Waltz, Swing, Foxtrot, Tango and more. No Partner Necessary.

SH'BAM:(ALL) A dance-inspired workout that features chart-topping hits & hot, yet simple dance moves. This easy to follow cardio class is a great full body workout that members love to share with their friends.

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 Gold:(ALL) Same fun Latin class as Zumba but with more modifications. Great for all levels.

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

BODYJAM: (ALL) An addictive fusion of the latest dance styles and hottest new sounds. Have fun all while breaking a sweat and burning calories.

Bollywood Blast Dance: is (ALL) is an enegegetic dance form that is a blending of Indian folk dance and western dance style

Special Population (Seniors/Arthritis)

Forever Fit Aqua :(B) Warm water therapy

Great for anyone from rehab or with any type of arthritis.

Ability to swim is not required.

Forever Fit:(B) Gentle exercises in a chair that are taught by trained instructors. This class is great for increasing flexibility, mobility and reduce stress on joints safely and effectively.

Gentle Tone:(B) A toning class designed to get you in shape gently. Great for beginners.

Gentle Pilates:(B) Pilates exercises at a slower pace with more modifications. Come away feeling stronger and longer.

Gentle Yoga:(B) A simple Hatha class that will give you the benefits of Yoga with many modifications.

Gentle Tone Express:(B) a shortened version of Gentle Tone.

Lite Yoga:(B) You will find this class easy to follow and easy on your joints! Work on balance, strength and flexibility through simple Hatha and Tai-Chi movements. The use of a chair is optional in this class.

* Advanced registration and medical clearance is required.