Club H Fitness- Hoboken

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp * 6:15a *Michael (:45)* M	**Sunrise Vinyasa *** 6:15a *Gilli (:60)* MB	**Spin H *** 6:15a *Heather (:45)* S	**Power Xtreme *** 6:15a *George (:45)* M	**Spin H *** 6:15a *George (:45)* S	**Spin H Power *** 8:30a *Robert (:60)* S
	AM Power * 6:15a *Jirina (:45)* M				**Yoga School** 9:30a *Austin (:60)* MB
Power Flow Yoga 9:15a *Jeff (:60)* MB	**Power Flow Yoga** 9:15a *Jeff (:60)* MB	**Circuit Breaker** 9:30a *Ashley (:55)* G	**Strong Flow Yoga** 9:30a *Laurie (:60)* MB	**Spin H *** 9:15a *Heather (:45)* S	**Spin H *** 10:00a *Dolja (:45)* S
Zumba * 9:30a *Jaime (:60)* M	**BodyBlast *** 9:30a *Robert (:60)* M		**Hard Bodies *** 9:30a *Susan D. (:60)* M		**ABSolutely H *** 9:30a *Robert (:30)* G
					BodyBlast * 10:30a *Jirina (:45)* M
Strong Flow Yoga 12:00p *Laurie (:60)* MB	**Zumba *** 12:15p *Venice (:45)* M	**Strong Flow Yoga** 12:00p *Laurie (:60)* MB	**Pilates Sculpt** 12:00p *Carrie* MB	**Power Flow Yoga** 12:00p *Jeff (:60)* MB	**Zumba *** 11:15a *Susan P(:60)* M
Spin * 12:15p *Robert (:45)* S	**To The Core** 12:30p *Cynthia (:55)* MB	**Spin *** 12:15p *Robert (:45)* S	**Cardio Kickboxing *** 12:15p *Robert (:45)* M	**Bootcamp *** 12:15p *Nicole (:45)* M	**Power Flow Yoga** 11:15a *Jeff (:60)* MB
Hard Bodies * *1:00p* *Susan D. (:45)* M	**Bootcamp *** 1:00p *Mike (:45)* M	**Hard Bodies *** 1:05p *Susan (:40)* M	**Gunz N' Bunz** 1:00p *Robert (:45)* M	**Spin H *** 12:15p *Heather (:45)* S	
BodyBlast * 5:00p *Robert (:45)* M				**Zumba *** 1:00p *Abigail (:45)* M	**Sunday**
	Spin H * 5:00p *Kristine (:55)* S	**Pump *** 5:45p *Monica (:45)* M	**Power Xtreme *** 6:15p *George (:45)* M	**Spin H *** 5:30p *Robert (:55)* S	**Spin H *** 9:30a *George (:55)* S
Zumba * 6:00p *Jamie (:45)* M	**Pilates Mat** 5:30p *Sharon (:60)* MB	**Power Flow Yoga** 6:00p *Jeff (:60)* MB	**Pilates Mat** 6:30p *Amy (:45)* MB		**Yoga** 10:00a *Laurie (:60)* MB
Spin H * 6:30p *Ashley (:55)* S	**Power Xtreme *** *6:00p* *George (:60)* M	**Spin H *** 6:30p *Robert (:45)* S	**Spin H *** 7:00p *George (:55)* S	**Vinyasa Yoga** 6:30p *Gilli (:60)* MB	**Power Xtreme *** 10:30a *George (:45)* M
Boot Camp * 6:45p *Mike (:45)* M	**Strong Flow Yoga** *6:30p* *Laurie (:60)* MB	**Zumba *** 6:30p *Alina (:60)* M	**Kettlebells*** 7:00p *Matt (:55)* G		
Kettlebells* 7:00 p *Matt (:55)* G	**Spin H *** 7:00p *Robert (:55)* S	**Vinyasa Yoga** 7:30p *Austin (:60)* MB	**Power Flow Yoga** 7:15p *Jeff (:60)* MB		**Vinyasa Yoga** 5:00p *Gilli (:60)* MB
ABS, Back & Butt 7:30p *Monica (:60)* M	**Xtreme Results *** 7:00p *Franca (:60)* M	**ABSolutely** 7:30p *Jirina (:30)* M			
Vinyasa Yoga 7:30p *Susan S. (:60)* MB	**Boxer's Workout *** 7:30p *Monica (:60)* G	**Spin H *** 7:30p *Dolja (:45)* S		MB= Mind & Body studio M= Movement studio	S= Spin studio G=Gymnasium
Spin H * 7:30p *Dolja (:55)* S				*** Advanced sign-up required.** **Classes subject to change without notice.**	

Download your own copy of this schedule at clubhfitness.com

All classes free to Club H Fitness members

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HOBOKEN - CARDIO/SCULPTING

ABSolutely H: A 30 minute class designed to tone and strengthen the midsection. Incorporates Pilates based movements. **ALL LEVELS**.

AM POWER/PM POWER: High Intensity Strength Training class yields maximum results utilizing a variety of conditioning techniques. Improved strength and stamina, accelerated metabolism and the "**feel good**" effect of a great total body workout. **All LEVELS.**

BODYBLAST: Strength conditioning focusing on burning MAXIUM calories with fun low-impact movements and toning the body using dumbbells, body bars and bodyweight resistance. **ALL LEVELS.**

BOXER'S WORKOUT: A knockout experience designed to challenge. Heavy bags, focus pads, and jump ropes are used to improve cardiovascular conditioning, and increase strength. This class is INTENSE. **ALL LEVELS.**

CARDIO KICKBOXING: A non-contact, action packed, incorporating kicks from martial arts and upper body combinations from boxing. **ALL LEVELS**.

GUNZ N' BUNZ: Prepare for the ultimate biceps, triceps, and bunz workout you have ever experienced. **ALL LEVELS.**

KETTLEBELLS : A full body workout using kettlebells. We will connect basic movements using complexes, ladders, and other drills. By using full body movements that emphasis the butt and abs, you get a workout like nothing you have ever experienced. **INTERMEDIATE.**

PUMP/POWER PUMP: Resistance training at its best – like the experience of a one on one training session. Designed to work every muscle group in a specific way and for a specific amount of reps, with minimal rest between sets. Guaranteed results. Work at your own level.

POWER XTREME: Maximize your time, efforts, & results with interval training. In one powerful hour, alternate between high intensity, where you will "burst your energy" & recovery, where you will "boost your energy." This class utilizes aerobic, anaerobic, power & strength. **INTERMEDIATE TO ADVANCED.**

SPIN H: A great cardio workout done on a specialized stationary bike. Our certified instructors will motivate you, the music will drive you, and the whole experience will keep you coming back for more. Participants are encouraged to work at their own level. **SPIN H POWER**: A 55 min version of **SPIN. ALL LEVELS.**

HARD BODIES: Our new name for the Ultimate Sculpt class. Total body conditioning using weights, bars, steps, & bodyweight. Build strength and endurance. The result will be a leaner, sculpted body. **ALL LEVELS**.

XTREME RESULTS - Get ready to burn fat and build muscle! This full body strength training workout will increase your cardiovascular endurance and reshape your body to bear Xtreme Results! **ALL LEVELS**.

ZUMBA: A fusion of Latin and international music dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **ALL LEVELS**.

HOBOKEN - MIND/BODY

PILATES MAT: Joseph Pilate's authentic mat sequence strengthens stretches and defines the entire body - focusing awareness on a stable center. Includes magic circle work & exercises adapted from the Reformer. **ALL LEVELS.**

PILATES SCULPT: A combination of Pilates-inspired movements and innovative sculpting exercises using light hand weights for increased muscle endurance. **ALL LEVELS.**

POWER FLOW YOGA: A conscious flowing sequence of asanas (postures) linked by breath and intention. Integrating the physical (body) psychological (mind) and spiritual heart (soul), leading to the ultimate goal of liberation. Hands on adjustments are given, while inspiring music is played. **ALL LEVELS.**

STRONG FLOW YOGA: Get long and lean in these dynamically sequenced vigorously flowing classes. Build strength, detoxify and realign yourself physically/energetically. **ALL LEVELS**.

SUNRISE/SUNSET VINYASA: Whether you're an experienced YOGI or a beginner this class will aid you in your practice and start or end your day with peace and purpose. **ALL LEVELS**.

VINYASA YOGA: A challenging, vigorous practice, focusing on synchronization of breath with continuous flow of movement. Builds heat, endurance, flexibility, strength and mental focus, incorporating uplifting music. **ALL EVELS.**

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