



2120 Lamberts Mill Rd
Scotch Plains, NJ 07076
Phone-908-232-6100 Fax 908-232-6120
Club Hours
Monday - Friday: 5:00 am - 11:00 pm
Saturday & Sunday 7:00 a.m. - 7:00 p.m.

Daycare Hours
Monday - Thursday: 8:30am - 2:00pm 2:30pm-8:30pm
Friday: 8:30am-2:00pm 2:30pm - 7:00pm
Saturday - 8:30am - 1:00pm
Sunday - 8:30am - 1:00pm

Family Swim
Saturday and Sunday's 3:00 p.m - 5:00 p.m.

Comments and suggestions regarding group fitness programs can be emailed to Debbie Heinz at debbieh@fitnessandwellness.org

Cardio/Aerobic Classes

Body Combat: A choreographed class combining martial arts and boxing.
Cardio Lite: Fun and lite cardio workouts with low impact moves. Great for beginners.

Kickboxing: A heart pumping fun workout of boxing and kickboxing.

Kick N Step: The best of cardio kickboxing and step.

Body Vive: Great Fitness workout which includes Cardio, resistance core training, mobility and balance

Rebounding: A high intensity, non-impact, cardio class on the mini trampolines. May include strength interval training.

Power Step: Advanced, athletic step moves with high intensity. Previous step experience suggested.

Step N Sculpt: A high intensity step class with toning intervals.

Cardio Fusion: Mix it up with various types of cardio. |

Z-FANACTICAL: A High intensity cardio and strength workout Get ready for the challenge!

Cardio/Dance Classes

Ballroom Dance: Learn the basics of ballroom dance. Waltz, Swing, Foxtrot, Tango and more. No partner necessary.

Intermediate Ballroom: must have knowledge of basic steps

SH'BAM: A choreographed dance class. Featuring simple but seriously Hot Dance moves

Broadway Dance: Jazz Style Broadway movements to the music of musicals past and present

Body Jam: An addictive Fusion of the latest Dance Styles and Hot new sounds. All levels are welcome

Dance Factory: A jammin' dance class from Latin to hip hop and more.

Nia: Integrates 3 groups of movements including martial arts, dance arts, and healing arts.

Zumba: A Latin fusion and international music with easy to follow dance steps

Zumba Gold: A lighter version of Latin Dance

Hip Hop Abs: Combines Cardio Core with street and Hip Hop moves

Boogiebox: A high intensity strength/cardio class using applied muscle resistance. Proven to burn up to 1,000 calories an hour

Body Attack: High Energy Interval Training Class

Resistance, Toning, and Strength Training Classes

Absolution: A 15 - 30 minute toning session that focus' solely on firming and toning those hard to hit abs.

Bootcamp: Combines cardio, core strength and endurance utilizing ladders, medicine balls, weights, tubing and other stability equipment.

H.E.A.T.: A workout that will increase strength and endurance. A combo of intense cardio drills with intervals of resistance training.

Butt & Gut: 30 minutes of ab and glute work

CX WORKS: 30 Minute Core and Strength Class

On The Ball: Use the Stability ball to tone, sculpt and strengthen the entire body.

Body Pump: A choreographed, music driven, weight training class designed to build strength and endurance using adjustable barbells.

L.A.B.: Strengthen our legs, abs, and butt! !!

Will Power and Grace: This is a barefoot method class consists of strength, flexibility and core

X-Treme Sculpt: Sculpt your body in this 60 minute workout that is extremely effective and fun

Cycle: This indoor cycle 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. A water bottle is mandatory and you will need a towel.

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.

Class schedule is subject to change.

Please check the bulletin board daily for changes.

Mind/Body Classes

Stretch/Pilates: Working on lengthening the muscles

Pilates Mat: Improve your posture and core

Yogalates: combination of Yoga and Pilates Mat

Chair Yoga: Enjoy yoga poses taught in a slower, more relaxed technique. Chairs provided if needed.

Hatha Yoga: Hatha Yoga is the most traditional and familiar form of yoga. Poses are practiced and modifications given for all levels.

Yoga Lite: Simple Yoga poses at a slower pace

Power Yoga: Experience the dynamic breathing and strong challenging pace building on traditional yoga postures. Very athletic. Yoga experience preferred.

Vinyasa Yoga: A flowing style of Yoga filled with graceful movement.

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

Pilates -on-The Bar: Deep muscle conditioning to firm, tone and lengthen the body done on the mat and on the Bar

Aqua Classes

Aqua Arthritis: Arthritis Foundation Aquatic Program. Warm water therapy, great for anyone from rehab or with any type of arthritis.

Ability to swim not required.

Aqua Mix: Is a combination of Aqua Sculpt and Aqua Splash

Aqua Pilates: Enjoy the benefits of Pilates while immersed in the soothing warm therapy pool.

Aqua Run: Take your run off the treadmill and into the pool. impact. Safe on the knees. All levels.

Aqua Splash: Mix it up and have fun during this high energy workout made to get your heart rate up and burn calories.

Healthy Backs: Designed to work on the core and lower body muscles in order to strengthen the lower back, improve mobility and increase range of motion.

Aqua Zumba: Latin Dance in the Water

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

H2O Blast: A high energy cardio workout that combines resistance training while you stay cool in the water.

Aqua Sculpt: Tone & Sculpt in the water

Special Populations

Tai Chi Arthritis: Arthritis Foundation Tai Chi class.

Cardio Lite: Fun and lite cardio workouts with low impact moves. Great for beginners.

Arthritis Exercise: Designed by the Arthritis Foundation, these gentle exercises are taught by trained instructors who will help you increase your flexibility, mobility and reduce stress on joints.

****All group fitness classes require a minimum of 3 participants to take place.**

If there are less than 3 participants, the class will be cancelled for the day