



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am							Zumba/Sculpt Dianne/Deanna/Kristin
8:30 am	Cycle Deanna/Dianne/Lisa			Chair Yoga Karen		Cycle Deanna	Cycle Lisa/Deanna
8:45 am		Cycle Deanna					
9:00 am			Circuit Training/HIIT Dianne				
9:15 am						Ripped & Hard Core Dianne	
9:30 am	Body Blast Express Deanna	Zumba/Sculpt Dianne		Total Body Blast Dianne	Zumba Deanna (60 min)		
9:45 am			Cycle Dianne				
10:30 am							
11:00 am			Stretch, Strength & Balance Dianne	Young @ Heart Dianne	Senior Toning Circuit Dianne	Young @ Heart Dianne	
5:00 pm							
5:30 pm		Cycle/Sculpt Dianne/Deanna/Jeanne	Circuit Training Blast Dianne	Ripped! Dianne	Cycle Lauren Kickboxing Brian & Dianne (Coming soon!)		
6:00 pm				Hard Core Dianne			
6:15 pm					Zumba Dianne		
6:30 pm		Zumba Dianne	Vinyasa Yoga Alex	Tap Dance Dianne			
7:00 pm					Drop In Small Group Training (\$10)		



Class Notes:

- Unless otherwise noted, classes are 45 minutes in length
- Aside from cycle classes (held in our cycle studio downstairs), all classes are held in our classroom upstairs
- Dress to work out and sweat and wear appropriate footwear (sneakers for most classes, cycle shoes for cycle if you prefer.)
- Bring water and a towel
- Let your instructor know about any injuries/limitations you have so they can suggest modifications.
- Always work at your own pace and level and have fun!

CLASS DESCRIPTIONS

Circuit Training Blast/HIIT	No boredom with this class! You will work your way through several stations of exercises that will vary between cardio, resistance training and body weight challenges to hit your entire body. New workout every single week!!
Cycle & Cycle Sculpt	Jump on a bike and enjoy your ride! Forty-five minutes of straight cardio set to inspiring and fun playlists to make the time fly by while you tackle hills and flat road sprints. Great stress reliever! Bring a towel and expect to sweat! Cycle Sculpt adds muscle and core building exercises at the end of class.
Hard Core	Blast your entire core with various challenging abdominal and lower back exercises!
Kickboxing	No choreography in here. Learn the proper way to punch and kick while you get an amazing workout and torch your core at the same time. Class will run in "rounds" while you take out your aggression on the bags, burn fat and build lean muscle.
Ripped	Each class, the instructor will choose a few body parts to hit hard with several exercises to really tone and shape you. Exercises will change each class to maintain steady progress.
Senior Toning Circuit	Join us as we work through a circuit of weight machines <i>together</i> . Learn how to set your appropriate weight and to adjust the machines appropriately. Using the machines allows members to safely lift somewhat heavier weight to gain the benefits of increased strength, muscle tissue and bone density. And working as a group makes it fun!
Stretch, Strength & Balance	This class is designed for seniors and is designed to make activities of daily living easier and prolong healthy, independent living. We work on leg strength and mobility, balance, and upper body strength and perform the exercises to a fun musical track. It's not uncommon to be singing along!
Tap Dance	Learn the basics of tap dance. You will learn how the basic steps and terminology of tap dance and put them together to create fun rhythms and combinations. So fun!
Total Body Blast	Blast your body into shape!! Cardio bursts, body weight exercises, resistance training and core work make your whole body work while you burn fat and build muscle. Come prepared to sweat!
Yoga - Chair	Do you want all the fitness and stretch benefits yoga offers without getting up and down off the floor? Then chair yoga is for you! Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Great for beginners, seniors or anyone who wants a little more support in their yoga practice; perfect for all body types and ages. Bring a yoga mat and a towel.
Yoga - Basics	This will be a mixed level yoga class designed for both beginners and those more experienced in their practice; each week the class will apply focus to specific postures to help learn proper form and refine your current practice.
Yoga – Vinyasa Flow	This popular, contemporary style of yoga is named for the smooth way that the yoga poses flow together. This style of yoga is a more fast-paced, fitness based yoga vs other styles of yoga. As in all of our classes, the instructor will insure that you use proper form and you move through the poses.
Young @ Heart	Classes designed for seniors or those who just started an exercise regime, that combine strength training and low impact aerobic activity to maintain and build cardiovascular conditioning as well as bone and muscle strength and overall mobility. The Wednesday section tends to employ simpler moves and take on a lighter version of Total Body Blast while the Friday section sometimes includes more traditional aerobic "dance" along with strength training.
Zumba and Zumba/Sculpt	Join the party! If you like music and like to dance you will love Zumba. This dance fitness class combines simple, repetitive moves with awesome music to give you a great workout. Get ready to smile and sweat! Zumba sculpt adds some muscle toning exercises and songs to amp up your workout. Note: some people prefer wearing a lighter tread sneaker for Zumba to allow for easy side to side movement.

Monday-Thursday 5 am – 10 pm, Friday 5 am – 9 pm, Saturday 7 am – 4 pm, Sunday 8 am – 4 pm

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