
AQUA

Aqua Boot Camp: This 90 minutes class combines a little of everything. Step, strength, cardio, this class has it all.

Aqua Combo: Light cardio movement along with sculpting and toning using noodles, dumbbells and kickboards.

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

Aqua Ai Chi: Relaxation exercises using concepts of tai chi, shiatsu & qigong.

Aqua Sculpt: Use noodles, weights, gloves, boards and your own resistance to burn fat.

Aqua Arthritis: Arthritis Foundation Aqua Program . warm water therapy- great for anyone from rehab or with any type of arthritis or range of motion issues..

Aqua Lite: A more gentle version of Aqua Sculpt.

Aqua Run: Deep water non-impact running!!

Aqua Pump: A more intense strength and toning class in the therapy pool.

Aqua Zumba: Take your Zumba moves to the pool!!

Cardio Cross: Cardio intervals in the cool water pool.

Cardio Plunge: Cool water training- cardio & tone. Ability to swim not required.

Cardio Splash: Wake up with Water!! Cardio moves in the shallow end of the lap pool plus the added bonus of firming and toning.

Intense Cardio: should be ready to work extremely hard- in the deep water.

CARDIO

Advanced Step: This advanced level freestyle step class will keep your heart and your mind pumping....

Boxing: Go a round with the heavy bag in this workout using jump ropes and focus mitts. Hand wraps and gloves required.

Burn & Firm: Move it, firm it, own it in Laura's karaoke style fun filled fitness frenzy.

Step N Strength: A cardiovascular workout choreographed to move on and around the step. Included in this class is a strength segment to round out your workout.

Hi-Lo Sculpt: Take it high . take it low- it is all up to you in this cardio and strength class.

Cardio Kickboxing: Rhythmic cardio movements set to music using punches and jabs. No experience necessary.

Rebounding: High intensity, non- impact cardio workout on the mini trampoline . includes strength training intervals. All levels.

Sweat N Low: A mixed bag of cardio moves. All levels.

Boogie Box: This high energy, high intensity class burns up to **1100 calories** an hour. No experience necessary.

Step N Arms: A cardio blend of basic step and aerobics followed by upper body toning.

Ultimate Fitness: This kick butt, all inclusive class will be sure to blast your fat and your muscles. A mix of cardio and strength intervals.

Cardio Drum: A low impact cardio and upper body toning class using drumsticks and stability balls. This class will keep you moving and smiling for the whole hour. Perfect for those with knee issues!!!

CYCLE

Cycle: Join Johnny G-certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rate throughout the 5 energy zones. All Levels.

Your First Ride: Learn the basics of indoor cycling. Proper bike. set up and heart rate training will be introduced. This individually paced training session is ideal for beginners.

DANCE

Ballroom Dance: Learn the basics of ballroom dance . Waltz, Swing, Foxtrot, Tango, Salsa and Latin rhythms. Couples & singles welcome. No partner needed.

Cardio Bellydance: Move your body while learning about isolation and traditional movements that targets and isolates areas of the body that rarely get attention. All levels/no experience necessary

Zumba: This class is a mixture of Latin and international music incorporating body sculpting movements and easy to follow dance steps.

Zumba Gold: The lighter side of Zumba!

MIND-BODY

Yin Yoga: Adds another dimension to the benefits of yoga, moving the stretch from the muscles to the ligaments, tendons and joints. Slow moving and challenging.

Feldenkrais: Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

Gentle Yoga: Enjoy the poses taught in a slower, more relaxed manner. Chairs provided if needed.

Hatha Yoga: Come away with a sense of well being through this ancient form of movement that promotes balance, flexibility, strength and relaxation.

Therapeutic Yoga: Uses basic yoga poses and corrective exercise to bring awareness and balance back into the mind and body.

Vinyasa Yoga: A flowing style of yoga that works on connecting the breath with the movement of the body. Can include challenging poses, Yoga experience preferred.

Power Yoga: Experience the dynamic breathing and strong challenging pace building on traditional yoga postures. This form of yoga builds stamina and tremendous mental focus.

This class is for the advanced practitioner.

Tai Chi: Discover complete harmony of the mind and body while performing graceful, fluid and well-balanced movements. Long and short forms taught.

Tai Chi Advanced: Continuation of Tai Chi focusing on more advanced moves

PILATES

Gentle Pilates: Learn the fundamental movements of Pilates exercise.

Pilates: Improve your posture while creating long, lean muscles as well as improving your core muscle strength, including the abs, back, glutes and inner thighs.

STRENGTH, RESISTANCE

Burn & Firm: Get ready to sweat! A mix of cardio, toning and abs designed to melt away the extra layers! Fun for all levels.

Fun on the Ball: Core training using the stability ball to tone, sculpt, balance and strengthen the entire body.

Upper Body Blast & BLT: No muscle gets left behind.

Work the upper body and buns, legs and thighs in this strength resistance class!

Integrated Strength: A non stop total body workout that combines strength training with balance, agility and cardio. Take resistance training to the next level.

X-treme Sculpt: Hard core resistance training using super sets to blast the fat & define your muscles.

Ultimate Fitness: This kick butt, all inclusive class will be sure to blast your fat and your muscles. A mix of cardio and strength intervals.

Barefoot Bootcamp: A high energy fusion of cardio, strength and flexibility with levels ranging from basic to advanced. No props, no shoes, just you! Try something new!

Senior Core Balance: Improve your balance while increasing strength using bands, balls and weights. Seated and standing exercises will be done.

Basic Sculpt: Light in weights and high in energy! A great way to stay toned!

LES MILLS CLASSES

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, will inspire you to get the results you came for!

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. **BODYVIVE™** is the low-impact, whole body group fitness workout that uses VIVEi balls, VIVEi tubes and body weight to boost fitness and core strength.

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

SH'BAM™ Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAMi is the ultimate fun and sociable way to exercise.

CXWORX: Get a tight and toned core with dynamic training that zeros in on your abs, glutes, back, obliques and thighs. This 30 minute class will leave you looking good and feeling strong to the core.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

Group Fitness Etiquette:

- Please introduce yourself to the instructor if you are new to group exercise.
- In order to prevent injury, please do not enter a class already in session, or leave before stretching or properly cooling down.
- Please turn off cell phones & pagers or put on vibrate mode. If you need to take a call, please do so in the hallway.
- Please place all personal belongings in lockers.
- Please sign in and/or receive a hand stamp or ticket for Power, Drums Alive, Cycle & Rebounding.
- Please bring water bottle & towel to cycle classes.

Class Schedule Change Policies:

- Classes will be cancelled due to lack of interest, when instructor trainings or special events are scheduled, or to make room for new programs as needed.
- **A minimum of 3 participants must be present for class to be held.**
- Special holiday schedules may apply.
- The schedule may change due to an emergency.



3100 Quakerbridge Road
Mercerville, NJ 08619
(p) 609-584-7600
(f) 609-584-7633

Hours of operation:
Mon . Thurs 5:00am . 11:00pm
Friday 5:00am . 11:00pm
Sat & Sun 7:00am . 7:00pm

Please visit our website for more
Scheduling and facility details
www.rwjhamiltonwellness.com

Cheryl Ziegler
Group Fitness Director
cheryln@fitnessandwellness.org