

<b>Cardio/Aerobic Classes</b>	
<b>BODYCOMBAT™</b>	A choreographed class combining martial arts and boxing.
<b>Cardio Lite</b>	Fun and lite cardio workouts with low- impact moves. Great for beginners.
<b>Heavy Bag Express</b>	Jab, cross, hook and upper cut your way to a lean sculpted body using heavy-bags, boxing gloves and boxing drills.
<b>Get Active</b>	Great fitness workout which includes, cardio, resistance, core training, mobility and balance.
<b>Chair Fitness</b>	Lite exercises with light tubing, small fitness balls. Chair is provided.
<b>Athletic Step</b>	Athletic Step is the New Innovative Step Class which uses Cardio Blocks to push Fat Burning Systems into high Gear. All Levels
<b>Pound</b>	<b>Pound is a fun filled Cardio and Strength Class using Drumsticks</b>
<b>HIIT &amp; Body ATTACK</b>	High-Intensity Training Class. Modifications will be shown for different levels.
<b>Bootcamp</b>	Combines cardio, core strength and endurance utilizing ladders, medicine balls, weights, tubing and other Stability Equip
<b>P90X® - REMIX</b>	60-minute total body workout, strength, cardio and core.
<b>H.E.A.T.</b>	A workout that increases strength and endurance. A combo of intense cardio drills with intervals of Resistance training.
<b>Stability Ball Mix</b>	<b>Core Work and Balance with the use of various equipment (All Levels)</b>
<b>HIIT Cycle</b>	<b>A challenging 30 min quick &amp; Intense Workout based on the Science of High Intensity Interval Training on a Bike</b>
<b>Cycle</b>	Instructor will guide participants through a routine and “journey” on a stationary bike. Please come 10 minutes early. .Bring water & towel
<b>Power &amp; Pedal</b>	A combination of Muscle Endurance and Fitness Training. 15min Cycle/30min Strength/15min Cycle
<b>GRIT®</b>	High-intensity training workouts to increase your aerobic capacity and accelerate fat burning while building strength and muscle endurance.

<b>Cardio/Dance Classes</b>	
<b>Latin Soul</b>	Dance to Latin/international and R&B music
<b>Bollywood</b>	<b>Feel the Beat! Inspired by music and Moves from Indian Films</b>
<b>Lite Latin</b>	Lite Latin Dance Steps easy to follow
<b>Broadway Dance</b>	Jazz-style Broadway movements to the music of musicals past and present.
<b>PIYO</b>	Combines Benefits of Plates with Strength and Flexibility of Yoga movements All levels are welcome.
<b>Dance Factory</b>	A jammin’ dance class from Latin to Hip Hop and more.
<b>Nia</b>	Integrates 3 groups of movements, including martial arts, dance arts, and healing arts.
<b>Zumba®</b>	A Latin fusion with international music and easy-to-follow dance steps
<b>Zumba Sentao</b>	Zumba Sentao is the new Zumba workout with a chair. it is a combination of sculpting and dance. Try this sizzling new class!
<b>Line Dancing</b>	An excellent low-impact dance class with country music, Latin, club, and rock.

<b>Strength Classes</b>	
<b>CXWORX™</b>	30-minute core and strength class.
<b>STRONG</b>	<b>Interval Training with the Science of Synced Music</b>
<b>BODYPUMP™</b>	A Choreographed music driven weight Training Class using adjustable Barbells
<b>Stretch</b>	30 minutes of stretching to improve flexibility <b>Range of motion and lengthen muscles</b>
<b>Willpower &amp; grace®</b>	This barefoot class consists of strength, flexibility, and core exercises
<b>X-Treme Sculpt</b>	Sculpt your body in this 60-minute work- out that is extremely <b>Effective and fun.</b>

<b>Mind/Body Classes</b>	
<b>Pilates Barre</b>	Combo of mat Pilates, barre work, and some ballet.
<b>Pilates Mat</b>	Improve your posture and core techniques. Chairs provided if needed.
<b>Hatha Yoga</b>	Hatha yoga is the most traditional and familiar form of yoga. Poses are practiced and modifications given for all levels.
<b>Yogalates</b>	Yoga and Pilates movements that will increase strength, balance and flexibility.
<b>Yoga Lite</b>	Simple yoga poses at a slower pace.
<b>Alignment Yoga</b>	<b>Alignment Yoga will focus on a more precise placement of the Body using Blocks and Belts to assist</b>
<b>Vinyasa Yoga</b>	A flowing style of yoga filled with graceful movement. A basic knowledge of yoga poses is helpful but not required.
<b>Chair Yoga</b>	Yoga movements done in a chair.

<b>Aqua Classes</b>	
<b>Aqua Arthritis</b>	Warm-water therapy, great for anyone from rehab or with any type of arthritis.
<b>Aqua Fusion</b>	Variety of different Dance Styles and Music
<b>Aqua Mix</b>	A combination of Aqua Sculpt and Aqua Splash.
<b>Healthy Backs</b>	Water exercises and gentle movements for the back.
<b>Aqua Zumba®</b>	Latin dance in the water.
<b>Lite Splash</b>	This entry level shallow water class offers basic movements, gentle range-of-motion exercise, and “water walking.”
<b>H2O Blast</b>	A high-energy cardio workout that combines resistance training with the cool of the water.
<b>Aqua Pilates</b>	Gentle Pilate’s movement in the water.

<b>Special Populations Classes</b>	
<b>Tai Chi</b>	Arthritis Foundation Tai Chi class.
<b>Arthritis Exercise</b>	Designed by the Arthritis Foundation, helps you increase your flexibility, mobility and reduce stress on joints.



ROBERT WOOD JOHNSON  
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<b>Club Hours</b>	
Monday - Friday	5:00am - 11:00pm
Saturday	6:00am - 7:00pm
Sunday	7:00am - 7:00pm

<b>Childcare Hours</b>	
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

<b>Family Swim</b>	
Saturday	3:00pm - 5:00pm
Sunday	3:00pm - 5:00pm

<b>Group Exercise Etiquette</b>
<ul style="list-style-type: none"> <li>• Introduce yourself to the instructor, if you are new to group exercise.</li> <li>• In order to prevent injury, do not enter a class already in session, or leave before properly stretching and cooling down.</li> <li>• Please refrain from talking during class to avoid distracting other students and your instructor.</li> <li>• All cell phones and pagers should be turned OFF during class.</li> </ul>

<b>Class Attendance Policy</b>
<ul style="list-style-type: none"> <li>• Classes will be canceled due to lack of interest, when instructor trainings are scheduled, and in order to make room for new programs as needed.</li> <li>• All Group Fitness Classes require a minimum of 3 participants to take place. If there are less than 3 participants, class will be canceled for the day.</li> <li>• On holidays, a special class schedule will be posted.</li> </ul>

Class schedule is subject to change. Please check the bulletin board or website daily for changes.

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