


Effective 8/1/18							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00am	Group Strength Power ½ Hour		Group Strength Power ½ Hour		Core Cross		
5:15am		Functional Intensity		Functional Intensity			
6:00am	Group Strength	Functional Intensity	Group Strength	Functional Intensity	Core Cross		
7:00am		Group Strength		Group Strength		Group Strength	
8:00am	Group Strength	Functional Intensity	Functional Intensity	Group Strength	Core Cross	Functional Intensity	Bootcamp Beats ⚠
8:15am							Indoor Cycling
9:00am	HIIT Cycling	Cize™				Functional Intensity	Advanced Step
9:15am			Indoor Cycling		Tri Fit		15-Minute Core Conditioning
9:30am	Power Sculpt	BB Express ⚠					
10:00am	Group Strength	Functional Intensity	M-20	Group Strength	Tween Cize™	Core Cross	 <p>CORE FITNESS INC.</p> <p>Core Fitness Hours of Operation Monday: 5:00am-8:00pm Tuesday: 5:00am-7:30pm Wednesday: 5:00am-6:30pm Thursday: 5:00am-7:30pm Friday: 5:00am-6:00pm Saturday: 7:00am-12:00pm Sunday: 8:00am-10:00am</p> <p>Class Descriptions, Prices and Printable Schedule at www.corefitnessgrouptraining.com</p>
10:30am	Senior Strength and Mobility					Intro to Athletic Training	
11:00am	Student Strength and Conditioning	Student Speed and Agility	Student Strength and Conditioning	Student Speed and Agility			
11:45am		Senior Strength and Mobility					
12:00pm			Senior Strength and Mobility				
4:30pm	Group Strength	Student Strength & Conditioning	Group Strength	Student Strength and Conditioning			
5:00pm					Functional Intensity		
5:30pm	M-20 ⚠		Tri Fit				
6:30pm	Power Half Hour			Power Half Hour			
6:45pm							
7:00pm	Phoenix Practice*			HIIT CYCLE			
7:30pm							

***Phoenix Challenge Practice:** Although this workout designed to help contestants improve performance in the 4 events included in the Phoenix Challenge taking place August 24th, it is open to the public.

⚠ **Advanced Class** (high Intensity, high impact) ☐ Cardio Fitness Studio ☒ Gym Closed

~All Core Fitness classes can be modified for all abilities and fitness levels unless otherwise indicated~

Adult Class Descriptions and Prices

Customized pricing packages available. Please contact us to discuss your specific needs and budget
corefitnessinfo@comcast.net, (732) 671-4030

Group Training Sessions

Functional Intensity

A full-body workout designed to increase function, strength, power and endurance through the use of the latest exercise props such as kettle bells, ropes, medicine balls, suspension units, ground rotational devices, resistance bands, agility ladders and body weight exercises.

Single Session: \$15.00

One Month Unlimited Sessions*: \$99.00

**Includes access to open gym area during business hours*

Group Strength Training

Various resistance training workouts aimed at strengthening and sculpting all muscles of the body. Strength training classes include:

- **Group Strength:** Traditional weight training techniques and equipment will be used such as dumbbells, barbells, and machines.
- **Half Hour Power:** Condensed "Group Strength" class prioritizing the most effective exercises with less/shorter rest periods
- **Core Cross:** A less traditional strength workout that incorporates a greater variety of exercises and a different format each week.
- **Power Sculpt:** A 30-minute class consisting of continuous strength and muscular endurance exercises performed to music.

M-20 (Metabolic 20): a 20-minute, metabolism boosting, high intensity interval training class utilizing TRX Suspension units, Kettlebells, medicine balls and battling ropes.

Single Session: \$20.00 (30-minute classes \$15.00)

One Month Unlimited Sessions*: \$150.00

**Includes access to open gym area during business hours*

Senior Strength and Mobility

By performing safe and effective resistance training, dynamic stretches and myofascial release, seniors will increase the strength, mobility and flexibility necessary to reduce risk of injury, slow the rate of bone loss and improve the quality of daily activities.

Single Session: \$10.00

One Month Unlimited Sessions: \$59.00

Cardio Fitness Classes

Bootcamp Beats:

HIGH INTENSITY/HIGH IMPACT

This is not your ordinary bootcamp! In this unique class, traditional bootcamp drills are set to your favorite high-energy, motivating music. Each month you can expect brand new songs and choreography designed by our expert instructors and trainers.

BB Express

HIGH INTENSITY/HIGH IMPACT

Are you short on time but looking for an intense workout? BB express is the 30-minute version of our Bootcamp Beats class. Expect less down time but just as much fun!

Cize™:

HI-LO INTENSITY/HIGH LOW IMPACT

Created by Shaun T (Insanity™, Hip Hop Abs™, T-25™) and a team of professional choreographers, CIZE LIVE will get dancers and non-dancers alike to perform full dance routines to the hottest music tracks. Get sweaty, gain confidence, and get an amazing workout! HIP CHOREOGRAPHY + HOT MUSIC + NONSTOP MOVEMENT

H.I.I.T. Cycle (High Intensity Interval Training):

HIGH INTENSITY/LOW IMPACT

This cycling class will consist of thirty minutes of high intensity intervals of speed and/or resistance alternated with periods of recovery.

Indoor Cycling

HI-LO INTENSITY/LOW IMPACT

Instructors will guide you on a simulated bicycle ride over various terrain utilizing different speeds, levels of resistance and body positions to achieve maximum results!

Step Aerobics:

HI-LOW INTENISTY/HI-LO IMPACT

45-minute cardio class utilizing the aerobic step for a great workout! New and exciting choreography will be taught each week.

Tri-Fit:

HI-LOW INTENSITY/HI-LOW IMPACT

Burn serious calories as you rotate through periods of cycling, floor cardio drills, and abdominal core training

Tween Cize™:

HI-LO INTENSITY/HIGH LOW IMPACT

Kids ages 8-12 will enjoy the same amazing benefits of a regular Cize™ class, but will be taught at an age appropriate pace.

**Single Class: \$10.00, Ten Class Package: \$75.00
One Month Unlimited: \$59.00**

UNLIMITED, ALL INCLUSIVE GROUP TRAINING

Includes ALL Core Fitness Group Training Sessions and Cardio Classes: \$199.00/Month