


Effective 9/1	Mon	Tues	Wed		Thurs	Fri	Sat (modified schedule 9/22. See below)		Sun
5:00am	Power ½ Hour		Power Half Hour	Cycling		Core Cross (1/2 hour)			
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	Cycling	
8:00am	Group Strength	Functional Intensity	Functional Intensity		Group Strength	Core Cross	Functional Intensity	Bootcamp Beats ⚠	
8:15am									Cycling
9:00am	HIIT Cycling						Functional Intensity	Step Aerobics	
9:15am			Cycling			Tri Fit			
9:30am	Power Sculpt								
10:00am	Group Strength	Functional Intensity	M-20 ⚠		Group Strength	Core Cross			
10:30am							Intro to Athletic Training		
11:00am	Senior Strength and Mobility	Senior Strength and Mobility							
3:30pm	Tween Cize STARTS 9/24	Student Strength & Conditioning	Student Speed and Agility	Student Strength & Conditioning	Student Speed and Agility				
4:30pm	Group Strength	Student Strength & Conditioning	Group Strength		Student Strength and Conditioning				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 Class Descriptions, Prices and Printable Schedule at www.corefitnessgrouptraining.com On September 22nd, We will be opening at 7:30am and closing at 9:00am and will offer the following classes: 7:30am: Power Half Hour 8:00am: Bootcamp Beats Express 8:30pm Step (30 min)
5:00pm						Functional Intensity			
5:30pm	M-20 ⚠		Trifit						
6:00pm	Cycling								
6:30pm		BB Express ⚠			Yoga STARTS 9/13				
6:45pm									
7:00pm	Meathead Mondays ⚠	Power Half Hour							

⚠ Advanced Class (high-Intensity, high-impact) ☐ Cardio Fitness Studio

~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.
- **Meathead Mondays:** A class that focuses specifically on increasing the strength and power of multi-joint exercises such as deadlifts, squats, bench presses and pull ups. Progressive instruction of Olympic lifts such as power cleans and snatches will also be introduced.

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

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.

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 INTENSITY/HI-LO IMPACT

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

M-20 (Metabolic 20):

HIGH INTENSITY/HIGH IMPACT

A 20-minute, metabolism boosting, high intensity interval training class utilizing TRX Suspension units, Kettlebells, medicine balls and battling ropes.

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