

Fall Group Exercise Schedule Effective September 9–January 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BODYPUMP SABRINA 5:30–6:25 AM	Yoga-Sunrise Flow DONA 6–6:55 AM	LES MILLS BODYPUMP JENN 5:30–6:25 AM	Yoga-Sunrise Flow JOAQUIN 6–6:55 AM	LES MILLS BODYPUMP 30/30 NICOLE H 6–6:55 AM	Cycling DIANE 8–8:55 AM	LES MILLS BODYPUMP JENN 8:30–9:25 AM
Cycling ED 6–6:55 AM	LES MILLS BODYPUMP STACY C 8:30–9:25 AM	Cycling ED 6–6:55 AM	LES MILLS BODYPUMP LAURIE S 8:30–9:25 AM	Tai Chi JIM 8–8:55 AM	LES MILLS CKWORX LAURIE S 8–8:30 AM	Hatha Yoga CHRIS B 9:15–10:25 AM
LES MILLS CKWORX STACY C 8–8:30 AM	HIIT EXPRESS STACY P 8:30–9 AM	Butt, Gut & Thigh KATE R 8:30–9:25 AM	Fitness Pilates DEBBIE A 9–9:55 AM	HIIT EXPRESS LAURIE S 8:30–8:55 AM	Yoga-All Levels TOULA 9–9:55 AM	Cycling MURRAY 9:30–10:25 AM
RESTORATIVE YOGA PEGGY 9–9:55 AM	Core Barre JOANN 9:15–9:55 AM	LES MILLS CKWORX DEBBIE A 9:30–10 AM	Yoga-All Levels MELINDA 9–9:55 AM	Cycling Express STACY P 9:30–10:15 AM	Butt, Gut & Thigh DIANE 9–9:55 AM	House Party Fitness MARIA 9–9:55 AM
Cycling STACY P 9:30–10:25 AM	Changes to 9:15am 9/30	Cycling EXP30 CONNIE 10–10:30 AM	Barre, Bands & Bells SOMMER 9:30–10:25 AM	House Party Fitness MARIA 9:30–10:25 AM	Cycling KIM 9:30–10:25 AM	Cycling CAROLINA 10–10:55 AM
ZUMBA SHAMSUN 10–10:55 AM	Cardio Abs JOANN 10:30–11:15 AM	STRONG NARSHONNA 10:30–11:25 AM	Easy Tone JOANN 10:30–11:25 AM	ZUMBA NARSHONNA 10–10:55 AM	Abs & Stretch KIM 10:35–11:25 AM	ZUMBA Gold* NADIA 10:05–11 AM
Gentle Yoga TAMAR 11–11:55 AM	Arthritis Foundation Land Class DEBBIE M 11–11:45 AM	Tai Chi Fundamentals RAY/JIM • 11–11:50 AM SEE FLYER FOR DATES	All Levels Cycling CONNIE 11–11:45 AM	Senior Fit BARBARA 11:30 AM–12:25 PM	Senior Fit BARBARA 11–11:45 AM	ZUMBA CIARA 11:05–12:00 PM
Vinyasa Yoga TRACY 12–12:55 PM	Chair Yoga CELESTE 12–12:55 PM	Yoga Basics KAREN 11–11:55 AM	Gentle Yoga TAMAR 11–11:55 AM	LES MILLS BODYPUMP STACY C 12–12:45 PM	Yoga-All Levels CELESTE 4:30–5:25 PM	Yoga-Slow Flow PEGGY 4:30–5:30 PM
Tai Chi/Qi Gong RAY 12–1:15 PM	Cycling XP30 STACY P 12:15–12:45 PM	Pilates Basics KAREN 12–12:55 PM	Chair Yoga & Meditation CELESTE 12–1:15 PM	Chair Yoga & Meditation CELESTE 12–1:15 PM	Yoga-All Levels CELESTE 4:30–5:25 PM	
Hand Tap Dance BARBARA 1:30–2:15 PM	Drums Alive MELANIE 1:35–2:20 PM	Last Class 9/30	Stretch & Tone* BARBARA 12:30–1:15 PM	Yin Yoga DONA 1–2 PM	Yin Yoga DONA 1–2 PM	
Senior Fit BARBARA 2:30–3:25 PM	Gentle Yoga TERESA 4:30–5:25 PM	On Core NICK D 4:30–5:25 PM	Ultimate Cardio Step & Tone* LAURIE S & NICOLE H 4:30–5:15 PM	Changes to 5PM on 10/4	Yoga-All Levels CELESTE 4:30–5:25 PM	
HIIT Express LAURIE S 4:30–5 PM	HIIT Express CHRISTINE 5–5:25 PM	SOU L SPIN w/Erin 4:30-5:15PM Starts 10/23	Tai Chi JIM 4:30–5:25 PM	LES MILLS BODYPUMP DEANNA 5–5:55 PM	LES MILLS BODYPUMP DEANNA 5–5:55 PM	
LES MILLS CKWORX LAURIE S 5–5:30 PM	Barre Express BECKY 5:30–6:00 PM	Barre JOANN 5–6 PM	Meditation CELESTE 5:30–6 PM	Changes to 6pm on 10/4	Meditation CELESTE 5:30–6 PM	
LES MILLS BODYPUMP GERRY 5:30–6:25 PM	ZUMBA SHAMSUN 5:30–6:25 PM	LES MILLS BODYPUMP DIANE 5:30–6:25 PM	MIXX Express* GERRY 5:30–6:25 PM	Studio A	LES MILLS BODYPUMP GERRY 5:30–6:25 PM	
ZUMBA CHRISTINE /CATHY 6–6:55 PM	MIXX BECKY 6–7 PM	Cycling CAROLINA 6:30–7:25 PM	Yoga EDGE DONA 6–7 PM	Studio B	Yoga EDGE DONA 6–7 PM	
Cycling MURRY 6:30–7:25 PM	Cycling CHRISTINE 6–6:55 PM	ZUMBA / ZUMBA Toning CHRISTINE 6:30–7:30 PM	Cycling ED 6–6:55 PM	Cycling	Cycling ED 6–6:55 PM	
House Party Fitness MARIA 7–7:55 PM	Yoga Freedom Flow JESSICA 7–8 PM		ZUMBA MILA 6:30–7:25 PM	All Levels Welcome	ZUMBA MILA 6:30–7:25 PM	
Yoga Vinyasa Flow JOAQUIN 7–8 PM	TAI CHI / QI GONG ELAINE 7:35–8:30 PM	Gentle Yoga PATTI 7:30–8:30 PM	Yin Yoga DONA 7:15–8:15 PM	Intermediate & Advanced (all levels welcome)	Yin Yoga DONA 7:15–8:15 PM	

SAVE A TREE
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Search for "HealthFitness Moorestown".
You'll have access to the most current schedule, including Subs.

* YinNidra: 1st Thursday of each month (see flyer for details)

Classes are 55 minutes unless otherwise indicated. Classes are subject to change. Please visit our online schedule for most up to date changes. Please note that our weekly schedule is subject to change based on participation and instructor availability.

FACILITY HOURS:
Monday–Thursday 5:00 am–10:00 pm
Friday 5:00 am–9:00 pm
Saturday–Sunday 6:00 am–6:00 pm

- Studio A
- Studio B
- Cycling
- All Levels Welcome
- Intermediate & Advanced (all levels welcome)
- (*) Indicates new class
- (*) Indicates new instructor

FOR MORE INFORMATION, Visit the Member Service Desk or call 856-291-8800.

Cardio and Strength:

Arthritis Foundation Land Exercise Class: Chair based class following exercises from the Arthritis Foundation Land Exercise Program. Class focuses on stretching, range of motion, and balance.

Barre: This class is designed to tone, tighten, and strengthen your whole body. Experience an intense combination of cardio, core work, pilates, and barre work. Challenge yourself while using a variety of props such as light weights, balls, bands, and more.

Barre, Bands, & Bells: Total body workout that slims your hips, tightens your thighs, lifts your seat, and boosts your metabolism. The class incorporates the ballet barre, resistance bands, dumb bells, and low impact cardio/dance intervals.

Butt, Gut & Thigh: A combination of moves targeting the glutes, hips, thighs, core and abs. No high impact aerobics, just sculpting and toning. All levels are welcome.

Cardio Core Barre Express (45 min): This workout combines barre exercises with intervals of cardio and core control. This energetic full-body workout is an effective way to tone muscle and burn calories. All levels welcome.

Ultimate Cardio Step & Tone: A full body cardio workout to really tone your butt and thighs. Your instructor will coach you through the workout with great music and lots of fun and personality along the way. You can burn up to 620 calories and you will leave buzzing with satisfaction.

Drums Alive®: Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum.

Easy Tone: Builds strength and endurance, and improves balance, and body alignment. Great for beginners!

H.I.I.T: High intensity interval training (HIIT) is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat very quickly.

House Party Fitness®: Dance like you're at the best house party ever! Hip hop dance workout with a fitness flair. This high energy class can be modified for ALL fitness and dance levels.

MIXX: Mixed intervals of cross-training through cardio, kickboxing, conditioning, and a whole MIX of balls, and, and barre. Intensity can be increased or decreased through instructor modifications. C'mon jump into the MIX!

On Core: Challenging core conditioning and full body training. Training targeting muscles of low back, abs, glutes, hamstrings, & quadriceps. Strong emphasis on proper technique and safety. Most exercises are modifiable.

Les Mills BodyPump™: This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

Les Mills BodyPump™ 30 / CX WORX: 30 minutes of BODYPUMP™ to challenge all of your major muscle groups by using the best weight-room exercises such as squats, presses & lifts followed by a 30 minute athletic and functional core strength workout.

Les Mills CX WORX: 30 minutes of challenging exercises that incorporate the muscles around your entire core. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. Your trained instructor will guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

STRONG by Zumba®: STRONG by Zumba® combines high intensity interval training with the science of Synced Music Motivation. Combining a high-intensity workout with muscle conditioning stimulates a higher caloric burn for the entire workout, and a higher rate of post-workout burn. So start torching calories. Note: this is not a dance class.

Senior Fit: This class is geared toward Active Older Adults. Build strength and endurance, improve balance and stability. This class uses light weights and resistance bands for strength with a chair present for balance. All levels welcome.

Zumba®: We're having a party and you're invited! Once you hear that Latin beat you won't be able to stop. A great way of burning calories and having a lot of fun working at your level!

Zumba® Gold: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Zumba® Toning: When it comes to body sculpting, Zumba® Toning raises the bar. Learn how to use light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast!

Cycling

Cycling: A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate an actual riding experience. All levels welcome!

Cycling All Levels: Whether you are new to cycling, recovering from injury or want a good cardio workout Cycling All Levels will get you on the road to meet your goals. Basic instruction for those who need it focusing on good form and power and challenge to those on a higher level.

Cycling XP30: 30-minute (HIIT) workout on a stationary bike. Meet your metabolic goals!

Mind/Body

All Level Hatha Yoga: A dynamic and flowing yoga class focusing on connecting the movements to the breath. Postures are sequenced to build strength, flexibility and endurance, as well as cultivate focus and inner calm. Beginners and intermediate levels welcome.

Chair Yoga: All the benefits of a full yoga practice while sitting in a chair. Includes breath work to relieve daily stress and anxiety.

Core Fusion Plus: A unique blend of Yoga, Pilates, and Stretch targeting all the muscles of the core. All levels welcome!

Gentle Yoga: The practice of Yoga, taken at an easier pace, with the focus on flexibility while centering on breathing, balance, and body alignment. Great for beginners or if you want to de-stress after a long day.

Meditation: Enjoy the benefits of meditation for your mind, body, and soul. This 30 minute class will explore various types of meditation including walking meditation, guided meditation, and yoga nidra. Beginners welcome!

Fitness Pilates: This workout heightens body awareness and coordination, promotes flexibility, agility, good posture and graceful movement. Class incorporates traditional mat Pilates with light weights and bands for an extra challenge. All fitness levels are welcome.

Pilates Mat Basics: This class teaches the foundational exercises of classical mat Pilates with a contemporary approach. Each class will offer a balanced full body workout while focusing on core strength & stability, muscular strength & endurance, flexibility & joint mobility. We will emphasize controlled movement patterns and offer modifications for everyone's needs.

Restorative Yoga: Come rest with the practice of Restorative Yoga. No experience necessary, just step away from your hurried life and unwind on your mat. Designed to unlock tensions in the body and mind, by using the support of blocks, straps and blankets, allowing you to ease into relaxation. Just like the name, this practice is for those who wish to restore physical, mental and emotional wholeness.

Stretch & Tone: Stretch, strengthen and tone your body while improving flexibility and balance. All levels welcome.

Tai Chi/Qi Gong: Integrating mind and body through conscious breathing and slow motion gentle movements that cultivate Chi energy in the body. Both Tai Chi and Qi Gong are a moving meditation that discharges tension in the body. This class is especially appropriate for seniors or those who want to ease into a fitness program gradually.

Vinyasa Flow Yoga: Want to take your practice of Yoga to the next Level? Practice a dynamic flow of postures for greater flexibility, improved balance, muscular endurance and strength. Exercise through breath-synchronized graceful movements.

Yin Yoga: Join us for this healing practice for your mind and body. This class is for all fitness levels on the floor or in a chair for stretch-release movements that will improve your flexibility and relaxation. This class is an excellent choice after you complete a more rigorous strength, cardio or cycling workout.

Yoga-Slow Flow: Slow down to steady your mind. This class will move at a slower pace, allowing you to move mindfully with your breathe, and find a new edge in the poses. Great for new and experienced students.

Yoga Basics: Learn the basics about yoga poses, breathing, and meditation. Focus on alignment and building the foundations. Excellent class for beginners and anyone who wants to refine their practice.

Yoga Sunrise Flow: Awaken your body, mind, and spirit! A dynamic yoga class focusing on connecting movements to breath, and building endurance, posture and flexibility. All levels welcome.

Yoga EDGE: BREATH, MIND, MOVEMENT, BALANCE, STRENGTH, STRETCH, REST, LOVE. Motivational music layered in. 8 Limbs. For ALL levels-first timers to many timers. Vinyasa optional.

*Noun--Penetrating quality, keenness or intensity of desire or enjoyment. The line or point where it begins or ends, the intersection of two planes. Opposites played, equanimity the euphoria.

Yoga Challenge: A more challenging Vinyasa flow class with advanced postures. Intermediate/advanced students please.

Yoga-All Levels: Come as you are! This Fun, All Levels class is suitable for beginners and experienced Yogi's. Modifications are offered so that you can customize your class to fit your specific needs and level of expertise.

Yoga Freedom Flow: Experience a powerful Vinyasa Flow. Filled with Breath, movement, music, sweat, community and love. Test your limits and find your freedom! All levels welcome.

Yoga for Men: Men reap many benefits from practicing yoga poses and sequences specifically targeted for men. This class will increase flexibility, establish mindfulness, and enhance athletic performance. While men are welcome to attend any of our regular yoga classes, this class is specifically designed for men.