



Club H Fitness- Jersey City

Group Fitness Schedule



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Spin H * George (:45)	6:15a S	Spin H * Larissa (:45)	6:15a S			Evolution * Alex (:60)	7:00a M	Spin H * Larissa (:55)	8:30a S
		Power Xtreme * George (:45)	7:15a M	Evolution * Paul (:60)	7:00a M	Spin H * Larissa (:55)	6:30a S			Hard Bodies Larissa (:55)	9:30a M
Vinyasa Yoga Susan S. (:60)	9:30a MB							Vinyasa Yoga Gilli (:60)	9:30a MB	Hatha-Raja-Vinyasa I Steven (:60)	9:30a MB
Spin H * Robert (:55)	9:30a S	Pilates Ali (:45)	9:00a MB	Spin H * Robert (:55)	9:30a S	Yoga Austin (:60)	9:30a MB	Spin H * Connie (:55)	9:30a S	Spin H * Dorie (:55)	10:30a S
				Breathe & Stretch Hector (:60)	10:00a MB						
Power Flow Yoga Jeff (:60)	12:00p MB	Vinyasa Yoga Gilli (:60)	12:00p MB	Power Flow Yoga Jeff (:60)	12:00p MB	Power Flow Yoga Jeff (:60)	12:00p MB	Vinyasa Yoga Susan S. (:60)	12:00p MB	Hatha-Raja-Vinyasa II Steven (:60)	10:45a MB
Evolution Alex (:45)	1:00p M	Spin H * Connie (:60)	12:00p S	Xtreme Results Carlos (:60)	12:00p M	Spin H Power * Connie (:55)	12:00p S			Zumba * Roxie (:60)	11:30a M
		Hard Bodies George (:60)	1:05p M	Zumba Jeanette (:45)	1:00p M	Xtreme Results Carlos (:55)	1:00p S			Zumba * Roxie (:60)	12:30p M
										Evolution * Paul (:60)	12:45p V
Evolution Paul (:45)	5:15p M			Spin H * Jeanette (:55)	6:00p S	Evolution Paul (:45)	5:15p M	Spin H * Connie (:55)	6:00p S	Sunday	
		Spin H * Connie (:45)	5:30p S	Power Xtreme * George (:55)	6:00p M	Pilates Ali (:45)	6:00p MB	Zumba * Alexandra (:60)	7:00p M	Vinyasa Yoga Gilli (:60)	9:00a MB
Pump N' Pedal * Larissa (:55)	6:00p S	Vinyasa Yoga Gilli (:60)	6:30p MB	Strong Flow Yoga Lexi (:60)	6:30p MB	Hatha-Raja-Vinyasa II Steven (:60)	7:00p MB			Spin H * Dawn (:55)	9:30a S
Power Flow Yoga Jeff (:60)	6:30p MB	Zumba Toning * Abigail (:60)	6:00p M	Spin H * George (:55)	7:00p S	Spin H * Dana (:55)	7:00p S			Zumba * Nicole (:60)	10:00a M
Xtreme Results Carlos (:60)	7:00p M	Spin H * Dawn (:55)	7:00p S	Zumba Lynn (:60)	7:30p M	Xtreme Results Franca (:60)	7:30p M			Vinyasa Yoga Daba (:60)	10:45a MB
Spin H * Dana (:55)	7:00p S	Evolution * Paul (:60)	7:00p M	Pilates Ali (:45)	7:30p MB	Breathe & Stretch Hector (:60)	8:15p MB	MB= Mind & Body studio M= Movement Studio		Spin H * Jeanette (:55)	11:00a S
Jivamukhi Vinyasa Yoga Austin (:60)	7:45p MB	Belly Dancing Ariel (:55)	7:45p MB			Zumba * Dana (:60)	8:30p M	S= Spin Room V= Varsity Room * Advanced sign-up			
Zumba * Dana (:60)	8:00p M							required. Classes subject to change without notice.		Vinyasa Yoga Daba (:60)	5:00p MB

60 Columbus Drive, Jersey City 201.332.2866

Download your own copy of this schedule

All classes free to Club H Fitness members

at clubhfitness.com

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JERSEY CITY - CARDIO/SCULPTING

BELLY DANCING: From the gym to the club; learn dance moves that promote strength, balance, & confidence; toning hips, lower back, arms, glutes, legs, & abs. This is for all ages and both genders, as it is traditionally. **ALL LEVELS**

EVOLUTION: An intense workout designed to work every muscle in the body, but focusing mostly on the heart. **INTERMEDIATE TO ADVANCED**

HARD BODIES: Our new name for the Ultimate Sculpt class. Total body conditioning using weights, bars, steps, and bodyweight. Build strength and endurance. The result will be a leaner, sculpted body. **ALL LEVELS.**

KETTLEBELLS : A full body workout using kettlebells. We will connect basic movements using complexes, ladders, and other drills. By using full body movements that emphasize the butt and abs, you get a workout like nothing you have ever experienced. **ALL LEVELS.**

POWER PUMP: Resistance training at its best – like a one-on-one training session. Designed to work every muscle group in a specific way & for a specific amount of reps, with minimal rest between sets. Guaranteed results. **ALL LEVELS**

PUMP N' JUMP: Pump and jump your way to a healthy heart with jump rope intervals between sets of weights. **ALL LEVELS.**

PUMP N' PEDAL: spinning + weights = KILLER CARDIO & ENDURANCE. This class is sure to make you sweat it all off. **ALL LEVELS** rebounding intervals, and 30 minutes of spin. **ALL LEVELS.**

SPIN H: A great cardio workout done on a specialized stationary bike. Our certified instructors will motivate you, the music will drive you, & the whole experience will keep you coming back for more. Participants are encouraged to work at their own level. **ALL LEVELS.**

SPIN H POWER: Our 55 minute version of Spin H. **ALL LEVELS.**

XTREME RESULTS - Get ready to burn fat and build muscle! This full body strength training workout will increase your cardiovascular endurance and reshape your body to bear Xtreme Results! **ALL LEVELS.**

ZUMBA – A fusion of Latin and international music dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **ALL LEVELS.**

ZUMBA TONING – This class blends body-sculpting techniques & Zumba moves into one calorie-burning, endurance-training class. **ALL LEVELS**

JERSEY CITY - MIND/BODY

HATHA-RAJA-VINYASA I & II: Yoga through the union of the mind and the body by linking the breath with the movement. Concentration on heat and strength building to encourage flexibility and coordination.

Level I = Beginners/Basics Level II = Intermediate/Advanced

PILATES: Is an extremely effective method of core exercise combining controlled stretching and low resistance movements to produce not only a long and lean physique but also change the way your body feels and moves through your every day activities with better posture and control. Enjoy a tighter core and more toned arms and legs with regular practice. All levels welcome as exercises will be modified to suit the individuals. **ALL LEVELS.**

POWER FLOW YOGA: A conscious flowing sequence of asanas (postures) linked by breath & intention. Integrating the physical (body) psychological (mind) and spiritual heart (soul), leading to the ultimate goal of liberation. Hands on adjustments are given, while inspiring music is played. **ALL LEVELS**

VINYASA YOGA: A challenging, vigorous practice, focusing on synchronization of breath with continuous flow of movement. Builds heat, endurance, flexibility, strength & mental focus, incorporating uplifting music. **ALL LEVELS.**

JIVAMUKITI VINYASA YOGA: Each week class will build upon what was taught the weeks before. We will use 6 exercises of the Jivamukti warm up sequence, to warm up the body at the start of class. Each class will end with Shavasana. Each week the class will focus on the breath, Ujjayi breathing during the yoga practice. The use of props will be essential to teach proper form and techniques of the asana. Props will include, blocks, belts, towels, blankets, and walls. **ALL LEVELS.**

BREATHE & STRETCH: Restorative yoga is a deeply relaxing and revitalizing practice that encourages rest and resets the body, mind and spirit. Deep relaxation is achieved when the body feels it is in a nurturing and supportive environment. To create this environment, restorative yoga uses yoga props and a soothing atmosphere that helps the body ease and release stress.