



Group Exercise Class Schedule

effective February 29, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning						
8:00-9:00am BARRE Tiffany		8:30-9:30am BARRE Tiffany		8:00-9:00am IYENGAR YOGA Patrice	8:30-9:30am WEEKEND WARRIOR Kim	8:30-9:30am 20/20/20 Lurressa
9:00-10:00am MORNING WARRIOR Tiffany	9:30-10:15am 305 Fitness Elisa		9:00-10:00am FEMMEFUSION Kim	9:00-10:00am PILATES FUSION Arielle	9:30-10:30am ZUMBA® Lucia	9:00-10:00am RESTORATIVE YOGA Patrice
10:00-11:00am ZUMBA® Ann Marie		10:00-11:00am ZUMBA® Uhrsula	10:00-11:00am YOGA FLOW Mikki	10:00-11:00am KICKBOXING & SCULPT TBD	10:30-11:30am SOUL BODY BARRE™ Kim	10:00-11:00am FEMMEFUSION Sunday
	10:30-11:30pm FEMME FIGHT CLUB Elisa	11:00-12:00pm FEMME FIGHT CLUB Elisa	11:30-12:30pm BETTER BONES Kim	11:00-12:00pm GENTLE FITNESS Mikki		11:00-12:00pm ZUMBA® TBD
	11:00-12:00pm GENTLE FITNESS Christina					
evening						
5:00-6:00pm FEMMEFUSION Kim	5:30-6:30pm ZUMBA® Uhrsula	5:00-6:00pm PILATES FUSION Maria	6:00-7:00pm BARRE TBD	5:30-6:30pm DYNAMIC BOOTCAMP Lurressa	Please check the "live" class schedule at www.myfemmeFIT.com for the most up to date changes	
6:00-7:00pm YOGA FLOW Jennifer	7:00-8:00pm STRONG™ Kim	6:00-7:00pm 20/20/20 Lurressa	6:30-7:30pm ZUMBA® Ajel	HOURS: Monday & Wednesday 7:00am – 9:30pm Tuesday & Thursday 6:30am – 9:30pm Friday 7:00am – 7:00pm Saturday 7:00am – 2:00pm Sunday 8:00am – 2:00pm phone: 201.549.5200 email: info@myfemmeFIT.com web: www.myfemmeFIT.com 34 Commerce Way, Hackensack, NJ 07601		
7:00-7:30pm CORE & MORE Lurressa	7:00-8:00pm BARRE TBD	7:00-8:00pm ZUMBA TONING® Nina	7:30-8:30pm MIXED MASHUP Lurressa			
7:30-8:30pm ZUMBA® Nina		8:00-9:15pm IYENGAR YOGA Colleen				



Please note:

- Classes and instructors are subject to change based on operational needs, class attendance and member feedback
- Minimum of 3 participants is required for a class to take place
- In order to prevent injury, please do not enter a class more than 10 minutes late, or leave before stretching or properly cooling down

GROUP EXERCISE CLASS DESCRIPTIONS

Fit Classes

20/20/20: Maximize your time with three of your favorite formats, cardio, strength and core, in one effective workout divided in twenty-minute segments

305 Fitness: 305 Fitness is a 45-minute nonstop cardio party featuring fun, easy-to-follow dance cardio moves and toning for your core and glutes

Better Bones: A low impact, total strength class for the beginner or seasoned exerciser using light weights, bands, chairs and more

Cardio Sculpt: A class that creatively combine cardio with strength training methods and equipment for a total body strength and cardio workout

Core & More: Build core strength and stability, healthy back muscles and more in this express class. Challenge stubborn fat, muffin tops, and love handles!

Dynamic Bootcamp: A challenging combination of calisthenics, cardio interval & strength training that will leave you sweating and feeling motivated

Femme Fight Club: A class that encompasses the technical aspects of boxing with core strengthening exercises. Learn and develop boxing skills while working at an intense pace and push yourself to the limit and find the champion within you!

FemmeFusion: A class that creatively combines interval and functional training methods and equipment for a total body strength and cardio workout

Gentle Fitness: An effective and fun class designed for beginners and active older adults to improve strength, flexibility and balance in a safe environment

Kickboxing & Sculpt: An upbeat and challenging cardio workout starting with traditional kickboxing and ending with toning and core work

Mixed Mashup: Incorporating techniques such as H.I.I.T (High Intensity Interval Training), this intense workout focused on strength, cardio, core and endurance is sure to leave you strong and sweaty!

Morning/Weekend Warrior: Interval style format that alternates cardio, H.I.I.T and strength rounds into one, super efficient workout

Pilates Fusion: Everything you love about Pilates with a more challenging and athletic approach that may incorporate light hand weights

Strong™: A H.I.I.T format that combines body weight, muscle conditioning, cardio and plyometric training moves synced to motivating music

Zumba®: Ditch the workout, join the party! Come party with us in this high-energy dance fitness class inspired by Latin rhythms and international music

Zumba Toning®: Zumba with added resistance using toning stick, light weights, bands and more to tone target zones, including arms, core and lower body

Mind Body Plus Classes

Barre: Sculpt, tighten and strengthen your entire body with this low impact, yet high intensity workout utilizing specialized equipment such as a fixed barre, body bars, mini-balls and/or light hand weights

Iyengar Yoga: Through its focus on alignment, this yoga format strengthens the muscles of the body responsible for posture, such as legs, back and core

Restorative Yoga: A gentler form of yoga designed to reduce stress and increase balance in the body and mind while stretching

Soul Body Barre™: Invigorating full body workout with a more athletic approach uses principles of Pilates, yoga, and interval strength training to transform your body by building power, grace, and stamina

Yoga Flow: A Vinyasa-inspired class focusing on the connection between mind, body and breath, with emphasis on core strength, flexibility and balance