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February 25th - June 9th, 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Vicious Cycle <i>Andrea</i>	Ripped & Ride <i>Andrea</i>	Training Ride <i>Katie</i>	(5:30 AM) Kickboxing	Joyride <i>Mary</i>	7:45 AM Muscle Maxx <i>Debbie R.</i>
8:15 AM		Ripped & Ride <i>Jayne</i>	Express Spin <i>Maria (45 min)</i>	MUSCLE MAXX <i>Kim</i>	Express Spin <i>Chris (45 min)</i>	Muscle Definition <i>Lori</i>	8:00 AM Joyride <i>Kim</i>
8:15 AM	8:30 AM Joyride <i>Maria</i>		Kickboxing		Kickboxing		8:30 AM Kickboxing
9:00 AM	Total Body Fitness <i>Jen</i>	Aqua Fitness <i>Betty</i>		Aqua Fitness <i>Joyce</i>			Total Body Fitness <i>Jen G.</i>
9:30 AM		Total Body Fitness <i>Kelly M.</i>	Muscle Definition <i>Kim</i>	Calorie Blaster <i>Jayne</i>	Muscle Maxx <i>Kelly M.</i>	Box & Burn <i>Kelly</i>	
9:30 AM		Joyride <i>Andrea</i>	Ripped & Ride <i>Kathleen</i>	Joyride <i>Kim</i>	Ripped & Ride <i>Andrea</i>	Vicious Cycle <i>Andrea/Chris</i>	Ripped & Ride <i>Jayne</i>
9:30 AM		Kickboxing		Kickboxing			
10:00 AM	Soul Sweat Yoga (75 min) <i>Anneliese</i>					Aqua Fitness <i>Dee</i>	Zumba <i>Sasha</i>
10:30 AM		Gentle Stretch <i>Kathleen</i>	Pilates Core <i>Linda</i>	Yoga <i>Kim</i>	Floor Sculpting <i>Susan</i>	Yoga/Core <i>Linda</i>	Fundamentals
11:40 AM		11:15 AM SS MSROM <i>Kathleen</i>		SS MSROM <i>Maria</i>		SS Cardio <i>Linda</i>	11:15 AM Yoga <i>Kathleen</i>
4:30 PM			Ripped & Ride <i>Kelly</i>	Kickboxing	Ripped & Ride <i>Jayne</i>		
5:30 PM		Calorie Blaster <i>Jen</i>	Total Body Fitness <i>Deb</i>	Muscle Maxx <i>Katie</i>	Total Body Fitness <i>Deb</i>		
5:30 PM		Ripped & Ride <i>Katie</i>		Cycling + Abs <i>Mary</i>			
6:00 PM						Happy Hour Yoga <i>Anneliese</i>	
6:30 PM		Kickboxing	Muscle Maxx <i>Jen</i>	Kickboxing	ZUMBA <i>Edena</i>		
6:30 PM		Yoga <i>Kathleen</i>	Joyride <i>Stephanie</i>	Power Yoga <i>Anneliese Jennifer</i>			



Group Exercise Class Descriptions

★ Please Bring Your Mat To Class ★

Aqua Fitness - Fun, total body routine promoting calorie burning, muscular strength & endurance, balance and coordination, utilizing shallow and deep water, for all fitness levels.

Calorie-Blaster - This class is all about burning maximum calories. High energy intervals at your own pace.

Cycling + Abs - This 60 minute class flies by with 45 minutes of riding followed by abdominal work on the floor to tone up and cool down.

Express Spin - This 45 minute spin class takes out all of the fluff, filler moves and pushes you through 45 minutes of fat-burning cardio.

Floor Sculpting - This 50 minute class is Body Sculpting on the floor. Bring your mat.

Gentle Stretch - This 30 minute class stretches out all of the major muscle groups from head to toe.

Happy Hour Yoga - Come and enjoy this end of the week Yoga class to tune out of the hectic work week and into your mind, body and soul.

Joy Ride - This calorie-blasting class brings you 60, power-packed minutes of riding in an upbeat and fun atmosphere.

Kickboxing - These classes offer top-notch kickboxing on heavy bags. You're sure to punch and kick the stress away as you tone up and burn mega calories in these 45 minute classes! (*Be sure to bring your heavy bag gloves with you)

Muscle Definition: This class utilizes dumbbells, barbells, resistance bands, body weight and "active rests" to create a leaner and fitter physique.

Muscle Maxx - This total body workout brings the weight room to the group ex room. Strengthening all major muscle groups using barbells, plates and free weights.

Pilates/Core - Work to balance all muscle groups' and strength and flexibility with an emphasis on challenging the core.

Power Yoga - YOU find YOUR power. Familiar yoga poses are dynamically sequenced together to create a solid physical challenge while also focusing and calming your mind.

Ripped & Ride - This is a 45 minute interval class that utilizes a stationary bike, dumbbells, tubing, bands, body weights exercises and floor work. An energetic coach will lead you thru non-stop workouts that focus on your entire body from head to toe. You will leave class feeling exhilarated and empowered.

Silver Sneakers MSROM - This program targets primarily the 65 and older group with activity levels ranging from active to semi-sedentary. Seated exercise on chairs with bands and light weights.

Silver Sneakers Cardio Circuit - Increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is offered for support.

Soul Sweat Yoga - This challenging and fun dynamic Vinyasa flow class emphasizes building a strong core while improving flexibility and balance. All levels welcome, modifications will be offered for beginners. Be prepared to sweat!

Box & Burn - This class burns calories and sculpts lean muscles from head to toe. (Expect to punch, kick and more!)

Total Body Fitness - This class will train you in different ways each week. This format adds muscle confusion into your weekly routine to ignite results. Some days it will be cardio, some days weights...you wont know until you show to take the challenge. (Bring your mat)

Training Ride - This indoor cycling class is designed using high intensity interval training to improve your aerobic and anaerobic fitness. It is meant for both the avid cyclist and recreational rider to build endurance, climbing, and sprinting skills.

Vicious Cycle - Commonly known by its participants as Mr. Toads Wild Ride, the class is NON STOP high cardio.

Yoga/Core - All the benefits of yoga, plus a small blend of Pilates to focus on core strength.