



609-654-1440 | 3 Nelson Drive • Medford | www.medfordfitness.com

June 10th - September 2nd, 2019

Special Holiday Classes held on July 4th & Labor Day. Visit our Facebook page for more details.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Ripped & Ride <i>Andrea</i>		Training Ride <i>Katie</i>		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		Aqua Fitness <i>Betty</i>		Aqua Fitness <i>Joyce</i>		Aqua Fitness <i>Dee</i>	Total Body Fitness <i>Kelly/Jen</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>	Joyride <i>Deanna/Chris</i>	
9:30 AM		Kickboxing		Kickboxing			
10:00 AM	Soul Sweat Yoga (75 min) <i>Anneliese</i>						10:15 AM Yoga <i>Kathleen</i>
10:30 AM		Stretch <i>Kathleen</i>	Pilates Core <i>Linda</i>	Yoga <i>Kim</i>	Stretch <i>Kelly</i>	Yoga/Core <i>Linda</i>	
11:40 AM		11:15 AM SS MSROM <i>Kathleen</i>		SS MSROM <i>Maria</i>		SS Cardio <i>Linda</i>	
4:30 PM			Ripped & Ride <i>Kelly</i>	Kickboxing	Ripped & Ride <i>Jayne</i>		
5:30 PM		Total Body Fitness <i>Deb</i>	Calorie Blaster <i>Jen</i>	Total Body Fitness <i>Deb</i>	Muscle Maxx <i>Katie</i>		
5:30 PM		Ripped & Ride <i>Katie</i>		Lower Body Madness <i>Katie</i>			
6:00 PM							
6:30 PM		Kickboxing	Barre <i>Jen</i>	Kickboxing	ZUMBA <i>Katie</i>		
6:30 PM		Yoga <i>Kathleen</i>	Joyride <i>Davina</i>	Yoga Flow <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.

Barre - This lower body sculpting class turns to ballet-inspired moves along with other traditional exercises to help you attain a leaner, firmer, fitter lower body!

Box & Burn - This 45 min class burns calories and sculpts lean muscles from head to toe. (Expect to punch, kick and more!)

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

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.

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)

Lower Body Madness - This 45 minute class burns maximum calories and re-shapes and tones your abs, legs, and glutes. This format includes intervals of cycling and floor exercises that can only be found here!

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.

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 if 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!

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

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 during this 45 minute class. (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.

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

Yoga Flow - This dynamic class will move us through a variety of postures & poses at your individual level while building strength, endurance, and balance. All levels welcome.