

AMERICAN WOMAN SWIM AND FITNESS CENTER - OAKLAND

FLOOR CLASS SCHEDULE

Effective Monday Jan 1st ,2019

MONDAY 6:30AM - 9:00PM	TUESDAY 6:30AM - 9:00PM	WEDNESDAY 6:30AM - 9:00PM	THURSDAY 6:30AM - 9:00PM	FRIDAY 6:30AM - 8:00PM	SATURDAY 7:00AM - 2:00PM	SUNDAY 8:00AM - 1:00PM
8:30 AM 	7:00 AM CrossFit	7:00 AM Yogalates	8:30 AM 	8:30 AM 		
9:30 AM CARDIO KICKBOXING	8:30 AM <i>Barre</i>	8:30 AM Stability Ball Sculpt 	9:30 AM 	9:30 AM CrossFit	8:30 AM 	
10:30 AM Total Body Conditioning	9:30 AM 	9:30 AM 	10:30 AM Total Body Conditioning	10:30 AM Pure Strength 	9:30 AM(30 MIN) Just Weights 	9:30 AM 
11:30 AM YOGA	10:30 AM 	10:30 AM INTERVAL TRAINING	11:30 AM YOGA		10:00 AM 	10:30 AM BUTT & GUT
4:30 PM BUTT & GUT	4:30 PM 	4:30 PM Stability Ball Sculpt 	4:30 PM Pure Strength 	4:30 PM(45 MIN) 	I'M GOING TO MAKE YOU SO PROUD. -note to self.	
5:30 PM  Willpower & Grace	5:30 PM Triple Threat	5:30 PM 	5:30 PM 	Bergen County's Favorite Women's-Only Health Club  OAKLAND 350 RAMAPO VALLEY RD 201-405-0555 WESTWOOD 700 BROADWAY 201-666-6600 Printable schedules available at americanwomanfitness.com		
	6:30 PM <i>Cardio Dance</i>	6:30 PM Body Sculpt/Core				
	7:30 PM YOGA					

AQUATICS CLASS SCHEDULE

MONDAY 6:30AM - 8:30PM	TUESDAY 6:30AM - 8:30PM	WEDNESDAY 6:30AM - 8:30PM	THURSDAY 6:30AM - 8:30PM	FRIDAY 6:30AM - 7:30PM	SATURDAY 7:00AM - 1:30PM	SUNDAY 8:00AM - 12:30PM
8:30 AM H2O Intervals	8:30 AM Energy H2O	8:30 AM Aqua-tabata	8:30 AM H2O Intervals	8:30 AM Hydro Burn	8:30 AM Weekend Warrior	
9:30 AM Aqua-box		9:30 AM Hydra-tone		9:30 AM Aqua-box	**the pool area closes 30 minutes prior to the club closing	

**Class schedule may be subject to change prior notice at anytime. For updated schedule request at the frontdesk.

OAKLAND GROUP CLASS DESCRIPTIONS - FLOOR

Effective Monday Jan 1st ,2019

Barre	Develop long, lean muscles without bulk. "Sculpt a ballerina's body." Enhance flexibility, improve balance and tone those hard-to-target muscles in your core arms, and legs.
Body Sculpt/ Core	Core intensity class of 20 min cardio, 20 min weight, 20 min pilates
Bootcamp	Challenge yourself with this fast-paced, calorie-burning workout, using the traditional Bootcamp style
Butts & Guts	60-minute workout concentrating on glutes and abs!
Cardio Kickboxing	High-intensity infusion of cardio, kickboxing, and strength.
Cardio Dance	An energetic, upbeat aerobics class inspired by different styles of dance! Be ready to sweat in this 60 min class! All levels and ages encouraged!
Circuit Training	Circuit format workout with short periods in between rapidly moving to the next exercise
Crossfit	Varied functional movements into a timed/scored workout
Cross Training	A blend of both cardio and strength training to burn calories and build stamina
Interval Training	Low to high intensity workout with periods of rest in between
Just Weights	A variation of exercises using weights, focusing on different muscle groups
Pilates	Strength, balance, and muscle endurance focused on activating and developing the core. Pilates exercises build strength in your weakest areas.
Pure Strength	No impact total body conditioning strength class utilizing various equipment.
Stability Ball Sculpt	Core intensity class utilizing stability balls and free weights / low-impact core class
Strong by Zumba	High intensity tempo training with Zumba music combining body weight, muscle conditioning, cardio and plyometric moves synced to original music that has been specifically designed to match every single move.
Tabata Workout	20 seconds of concentrated work followed by 10 seconds of rest. This format is repeated in 8 intervals for an intense, fat-burning workout!
Total Body Conditioning	Total body system that includes cardio and strength conditioning to improve flexibility, balance, agility, and provide fast/visible training results. An intense and challenging class using weights and steps
Triple Threat	Combination of step, kickboxing and toning combined class
Wake up Call	Weight training, Circuit training, Bootcamp, Yoga, Pilates, and more. Wake up call is a different class every time you take it!
Willpower & Grace	A full body, equipment-free barefoot conditioning program that incorporates high-energy cardio sculpting movements.
Yoga	Bring a mat and join in on this relaxing yoga class that promotes balance and strength.
Yogalates	Pilates mat class using resistance tools to enhance and intensify the core workout.
Zumba	A fusion of Latin and international dance music themes that create a dynamic, exciting, and effective fitness system. Routines feature aerobic interval training with a combination of fast and slow-paced rhythms that sculpt the body.
Zumba Basic (45 min)	Balance / Flexibility / Cardio / Toning / Belly Dancing / Pounding Sticks / Toning Weights <i>Simple Steps can be modified for you!</i>
Zumba Toning	Use light weight dumbbells to combine various body-sculpting exercises and high energy cardio in this Latin-infused workout!

OAKLAND GROUP AQUATIC CLASS DESCRIPTION- POOL

Aqua-box	All the traditional boxing moves with the resistance of water which burns more calories
Aqua-Tabata	Format repeating class of concentrated moves for 20 seconds followed by periods of rest. Repeated in intervals.
Energy H2O	Cardio and weight training combinations, designed to give you energy all day long
Hydro-Burn	An hour long aqua aerobic and strength training class
H2O Intervals	A mix class of 5-7 minutes of high intensity cardio followed by 5-7 minutes of low intensity body toning using aqua weights and noodles
Hydra-tone	A low impact, full body workout that is designed to tone your arms, legs, and core.
Weekend Warrior	5 minute warm up, 30 mins of high impact cardio & 15 minutes of weight training. Ending with 10 mins of Pilates and a cool down