

OAKLAND FLOOR CLASS SCHEDULE

MONDAY 6AM-9PM	TUESDAY 6AM-9PM	WEDNESDAY 6AM-9PM	THURSDAY 6AM-9PM	FRIDAY 6AM-8PM	SATURDAY 7AM-2PM	SUNDAY 8AM-1PM
7:00-8:00 am Wake Up Call	7:00-8:00 am Crossfit	7:00-8:00 am Yogalates	7:00-8:00 am Total Body Conditioning			
8:30-9:30 am Circuit Training	8:30-9:30 am Pure Strength	8:30-9:30 am Stability Ball Sculpt	8:30-9:30 am TABATA WORKOUT	8:30-9:30 am 	8:30-9:30 am 	
9:30-10:30 am  Zumba Toning	9:30-10:30 am Booty Barre	9:30-10:30 am Strong By Zumba 	9:30-10:30 am 	9:30-10:30 am Crossfit	9:30-10:00 am Power 	9:30-10:30 am 
10:30-11:30 am Total Body Conditioning	10:30-11:30 am Cross-Training	10:30-11:30 am Zumba 	10:30-11:30 am Total Body Conditioning	10:30-11:30 am Pure Strength	10:00-11:00 am Zumba Toning 	10:30-11:30 am Butts N Guts
	11:30-12:30 pm YOGA		11:30-12:30 pm YOGA	<p>I'M GOING TO MAKE YOU SO PROUD. -note to self.</p> <p>OAKLAND 300 RAMAPO VALLEY RD 201-405-0555</p> <p>WESTWOOD 700 BROAD AVE 201-666-6600</p> <p>Printable schedules available at americanwomanfitness.com</p>		
4:30-5:30 pm Crossfit	4:30-5:30 pm Stability Ball Sculpt	4:30-5:30 pm Cardio Kickbox	4:30-5:30 pm Pure Strength			
5:30-6:30 pm Piloxing	5:30-6:30 pm Strength & Stamina Training	5:30-6:30 pm Circuit Training	5:30-6:30 pm Butts N Guts			
6:30-7:30 pm Yogalates	6:30-7:30 pm  ZUMBA Toning	6:30-7:30 pm The willPower Method	6:30-7:30 pm Step Aerobics			
7:30-8:30 pm  ZUMBA fitness	7:30-8:30 pm Gentle YOGA					

OAKLAND AQUATIC CLASS

8:30 - 9:30 am H2O Intervals	8:30-9:30 am Energy H2O	8:30-9:30 am Water-bata	8:30-9:30 am H2O Intervals	8:30-9:30 am Hydro Burn	8:30-9:30 am Weekend Warrior	
9:30-10:30 am Aqua-box		9:30-10:30 am Hydra-tone	5:30-6:30 pm Aqua Zumba 	9:30-10:30 am Aqua-box	**the pool area closes 30 minutes prior to the club closing	

AMERICAN WOMAN SWIM AND FITNESS CENTER CLASS DESCRIPTIONS

20/20/20	Three 20-minute long segments of cardio, strength, and core training. Burn fat, blast calories, sculpt lean muscle, and achieve your body's peak performance level.
Ballet Booty Challenge	Full body sculpting class with emphasis on lower body, glutes, core, and balance.
Ball Max / On the Ball	Core intensity class utilizing stability balls and free weights / low-impact core class
Barre Strong	Improve strength, balance, and posture using weighted body bar and ball.
Barre Blast	Improve your balance,strengthen your core and tighten the booty. Let's have a blast using the body bar and weights.
Body Blast	Complete circuit class of high intensity aerobic intervals with full body strength conditioning, concluding with stretching on the mat.
Body Rock Bootcamp	Bootcamp with an edge! Intense advanced cardio and strength class using steps.
Butts & Guts	30-minute express workout concentrating on glutes and abs!
Burn	High intensity cross-training class
Cardio Sculpt	Full body wrkout. Low intensity cardio/dance moves combined w/ weights,body weight exercises and stretching.Great for all levels of fitness
Corebar HIT	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 only the signature Corebar.
Barre Pilates	No impact class combining yoga, pilates, and functional balance , strength & stability work using a body bar
Circuit Xtreme	45 minute circuit format workout that offers a distinctive approach to bodyweight training and metabolic circuit training
Gentle Yoga	Bring a mat and join in on this relaxing yoga class that promotes balance and strength.
Hardcore Kickbox	Challenging high-intensity cardio kickbox workout.
Kickbox Express	High-intensity cardio kickboxing for a leaner, meaner you! Class ends with a standing yoga flow to stretch the entire body.
Kickbox-Step Fusion	Powerful interval workout using a fusion of kickboxing, step choreo, and strength training technique..
Kick Infusion	High-intensity infusion of cardio, kickboxing, and strength.
Low & Loaded	Low-impact aerobic class using free weights.
Pure Strength	No impact total body conditioning strength class utilizing various equipment.
Muscle Max	Strength training workout using barbells and free weights to focus on every major muscle group in the body.
Fit & FUNctional	Have fun improving strength,,mobility,coordination & balance w/ simple repetitive moves that focus on form. Perfect for beginners and active seniors
Steel Pilates	Strength, balance, and muscle endurance focused on activating and developing the core. Pilates exercises build strength in your weakest areas.
Tabata Bootcamp	20 seconds of concentrated work followed by 10 seconds of rest. This format is repeated in 8 intervals for an intense, fat-burning workout!
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.