

## AQUA

**Aqua Sculpt:** Use noodles, weights, boards and your own resistance to burn fat and define muscles while in the warm water pool. Ideal for the recovering athlete or individuals of all abilities. Ability to swim not required.

**Cool Cardio Conditioning:** Mid-High intensity cardio and toning workout in the deep water.

**H2O Blast:** A high energy cardio workout that combines resistance training while you stay cool in the water.

**Aqua Bootcamp:** A fun, challenging class that incorporates cardio and strength in a circuit format.

**Arthritis Aqua:** Arthritis foundation aqua program warm water therapy. Great for anyone with any type of arthritis or going through therapy

**Mind Body Aqua:** exercises combined using concepts of ai chi and Pilates. Slow movement, using arms, legs and torso. Great for all levels.

**Caliente Cardio:** A water aerobics to fun Latin beats!

## CARDIO

**Bootcamp:** Resistance and cardio wrapped in a challenging, fast-paced class for our more athletic class participants

**Boxing Bootcamp:** an intense combination of boot camp drills and boxing.

**Cardio Combo:** 20 minutes of lite impact cardio followed by 25 minutes of strength training. Perfect for beginner or intermediate levels.

**Cardio Kickboxing:** Experience the discipline of Martial Arts with the focus on cardio intervals.

**Step n' Sculpt:** A high intensity step class with toning intervals.

**Double Step :** All the fun of a Step class with two steps!

**Zumba Step:** Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics.

**NIA Technique™-** combines martial Arts, healing arts and dance arts to enhance cardiovascular health, flexibility and strength.

**Pound Fitness:** a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses.

**STRONG by Zumba:** A high intensity interval class especially choreographed to the best Zumba music.

**Tabata:** Quick bursts of Max effort followed by short recovery times makes this quick and easy to follow workout. Get you maximum results in under an hour.

## CYCLE

**Cycle:** Join Johnny G-certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rate throughout the 5 energy zones. All Levels.

**Beginner Cycle:** Learn the basics of indoor cycling. Proper

bike—set up and heart rate training will be introduced. This individually paced training session is ideal for beginners.

## DANCE

**Belly Dancing:** Move your body while learning about isolation and traditional movements of belly dance. All levels/no experience necessary

**Zumba:** This class uses a mixture of Latin and international music for body sculpting movements and easy to follow dance steps.

**Zumba Toning:** a Zumba class using 1-2 lb weighted shakers to add a little resistance to dance movement.

**Ballroom Dance:** Come learn various Ballroom dance style in a casual and relaxed atmosphere. No partners necessary.

**LaBlast®:** an exciting interval cardio dance workout based on all dances seen on 'Dancing with the Stars' while learning the true skill of dance.

**Cardio Dance/ Sculpt:** This dance fitness class uses contemporary pop music to get you moving. Small weights are used during the toning section of the Cardio Dance Sculpt class.

**BollyX:** Bollywood meets dance fitness. The class blends the best of both worlds with exciting Bollywood music.

**Many Shades of Dance:** A showcase of the hottest dance fitness crazes, including Zumba, Traditional Salsa, LaBlast and Ballet! Join us for this Potpourri of the best dance repertoire CSF&W has to offer!

## MIND-BODY

**Gentle Yoga:** Enjoy the poses taught in a slower, more relaxed manner. Chairs provided if needed.

**Hatha Yoga:** Come away with a sense of well being through this ancient form of movement that promotes balance, flexibility, strength and relaxation.

**Vinyasa Yoga:** A flowing style of yoga that works on connecting the breath with the movement of the body. Can include challenging poses, Yoga experience preferred.

**Power Yoga:** Experience the dynamic breathing and strong challenging pace building on traditional yoga postures. This form of yoga builds stamina and tremendous mental focus. This class is for the advanced practitioner.

**Yogalates:** Experience strength, flexibility and balance with mind/body connection for a smokin' physique.

**Tai Chi:** Discover complete harmony of the mind and body while performing graceful, fluid and well-balanced movements. Long and short forms taught.

**Advanced Tai Chi:** Continuation of Tai Chi focusing on use of sword form.

**Restorative Yoga:** A slower-paced Yoga class which uses bolsters and blankets for passive stretches.

**Chair Yoga:** Experience Yoga poses with the help of a chair.

**Morning Blend** This class combines many of the most popular Mind/Body disciplines. It has the flowing movements of Yoga, the core conditioning of Pilates, and the relaxing

movements of Tai Chi. Start your day coordinating the muscles, bones, heart and mind to move and find stillness.

**The StretchWell Class** - is for anyone that leads an active lifestyle. The goal is to teach new and different stretching techniques to help improve daily function, improve performance in activities, and reduce the risk of injuries. We accomplish this by using foam rollers, tennis balls, dynamic and static movements.

## STRENGTH, RESISTANCE

**6-Pak Abs:** Focuses strengthening core and back muscles.

**Burn 'n Firm:** Two 30-min classes. The first focuses on fat-burning exercises and the second focuses on sculpting exercises.

**Ultimate Upper Body:** a quick 30 min toning class that's all about the upper body.

**Strength & Balance:** Improve your balance while increasing strength using bands, balls and weights. Seated and standing exercises will be done.

**P90X:** You have bought the DVDs. Come join the live class and experience the Muscle Confusion™ through the use of body weight resistance, weights and bands.

**LAB:** A quick 30 min toning class that's all about the legs, abs and buttocks.

**Pilates Mat:** Strengthen your entire body while focusing on core strength and stabilization. Improve your posture while creating long, lean muscles.

**Pilates at the Barre:** Join the hottest new class format in the fitness industry. This class uses the Ballet Barre and combines Pilates movements with ballet to tone, strengthen, lengthen and work your core.

**Toning at the Barre:** Works at the bar to create a longer, stronger, leaner you using both ballet moves as well as lower body stretches and exercises.

**Fun on the Ball:** Core training using the stability ball to tone, sculpt, balance and strengthen the entire body.

**Body Blast:** a basic cardio/toning class that works the whole body.

**Gentle Body Blast:** A basic cardio/toning class that works the whole body done in a seated to standing option. Great for all levels.

**Ultimate Fitness (Part 1 & 2):** This total body workout is designed to work on the basic pillars of fitness (Strength, Cardio Vascular Fitness, Balance and Flexibility) with a variety of equipment. Part 2 continues where part 1 leaves off if you have more than 30 min to workout.

## LES MILLS CLASSES

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**BODYCOMBAT™** This energetic program is inspired by

martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

**Body Flow:** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

**GRIT™-** A 30-min athletic experience with three different options, Cardio, Plyometrics or Strength

**Group Fitness Etiquette:** Please introduce yourself to the instructor if you are new to group exercise.

· In order to prevent injury, please do not enter a class already in session, or leave before stretching or properly cooling down.

· Please turn off cell phones or put on vibrate mode. If you need to take a call, please do so in the hallway.

· Please place all personal belongings in lockers.

· Please bring water bottle & towel to cycle classes.

Class Schedule Change Policies:

· Classes will be cancelled due to lack of interest, when instructor trainings or special events are scheduled, or to make room for new programs as needed.

· **A minimum of 3 participants must be present for class to be held.**

· Special holiday schedules may apply.

· The schedule may change due to an emergency.



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**Hour of operation**

Monday – Friday 5:00 am – 11:00 pm

Saturday & Sunday 7:00 am – 7:00 pm

**Daycare Hours**

Monday – Friday 8:00 am – 2:00 pm/ 2:30 – 8:30 pm

Saturday 8:00 am – 3:00 pm

Sunday 8:00 am – 1:00 pm

**Family Swim Hours**

Saturday 3:00 pm – 5:00 pm

Sunday 3:00 pm – 5:00 pm

Please visit our website for additional facility details

[www.centrastatefitness.com](http://www.centrastatefitness.com)

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