

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2021

Canada Day

Independence Day (US)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>9AM- Total Body Train 10AM- Sit & "B" Fit 11AM- Chair to Air</p> <p>1PM- Zumba Gold 2PM- Cross-Training</p>	<p>8:45AM Strength & Stretch 11AM- Seated Kickbox</p> <p>1PM- Sit & "B" Fit 2PM-Circuit Training</p>	<p>9:00- 9:45 AM Overdrive Training</p> <p>Pool Hours: 9AM-1PM</p>
<p>4</p> <p>9AM Yoga 10:30AM Total Body Training</p> <p>1PM Better Balance 2PM Circuit Training</p>	<p>5</p> <p>9AM Boot Camp (20 mins) 11AM Strength & Stretch 12PM- Parker Book Club Meeting</p> <p>1PM Interval Training 2PM Cross Training</p>	<p>6</p> <p>8:45AM Chair to Air 10:45AM Upper Cut</p> <p>1PM Seated Zumba 2PM Below the Belt</p>	<p>7</p> <p>9AM Total Body 10AM Workout Challenge 11AM Functional Fitness</p> <p>1PM Yoga 1PM Cross Training</p>	<p>8</p> <p>9AM Power Kickboxing (20 mins) 11AM Sit & "B" Fit</p> <p>1PM Interval Training 2PM Better Balance</p>	<p>9</p> <p>9:00- 9:45 AM Overdrive Training</p> <p>Pool Hours: 9AM-1PM</p>	
<p>11</p> <p>9AM Yoga 10:30AM Total Body Training</p> <p>1PM Better Balance 2PM Circuit Training</p>	<p>12</p> <p>9AM Boot Camp (20 mins) 11AM Strength & Stretch</p> <p>1PM Interval Training 2PM Cross Training</p>	<p>13</p> <p>8:45AM Chair to Air 10:45AM Upper Cut</p> <p>1PM Seated Zumba 2PM Below the Belt</p>	<p>14</p> <p>9AM Total Body 10AM Workout Challenge 11AM Functional Fitness</p> <p>1PM Yoga 1PM Cross Training</p>	<p>15</p> <p>9AM Power Kickboxing (20 mins) 11AM Sit & "B" Fit</p> <p>1PM Interval Training 2PM Better Balance</p>	<p>16</p> <p>9:00- 9:45 AM Overdrive Training</p> <p>Pool Hours: 9AM-1PM</p>	
<p>18</p> <p>9AM Yoga 10:30AM Total Body Training</p> <p>1PM Better Balance 2PM Circuit Training</p>	<p>19</p> <p>9AM Boot Camp (20 mins) 11AM Strength & Stretch 12PM- Parker Book Club Meeting</p> <p>1PM Interval Training 2PM Cross Training</p>	<p>20</p> <p>8:45AM Chair to Air 10:45AM Upper Cut</p> <p>1PM Seated Zumba 2PM Below the Belt</p>	<p>21</p> <p>9AM Total Body 10AM Workout Challenge 11AM Functional Fitness</p> <p>1PM Yoga 1PM Cross Training</p>	<p>22</p> <p>9AM Power Kickboxing (20 mins) 11AM Sit & "B" Fit</p> <p>1PM Interval Training 2PM Better Balance</p>	<p>23</p> <p>9:00- 9:45 AM Overdrive Training</p> <p>Pool Hours: 9AM-1PM</p>	
<p>25</p> <p>9AM Yoga 10:30AM Total Body Training</p> <p>1PM Better Balance 2PM Circuit Training</p>	<p>26</p> <p>9AM Boot Camp (20 mins) 11AM Strength & Stretch</p> <p>1PM Interval Training 2PM Cross Training</p>	<p>27</p> <p>8:45AM Chair to Air 10:45AM Upper Cut</p> <p>1PM Seated Zumba 2PM Below the Belt</p>	<p>28</p> <p>9AM Total Body 10AM Workout Challenge 11AM Functional Fitness</p> <p>1PM Yoga 1PM Cross Training</p>	<p>29</p> <p>9AM Power Kickboxing (20 mins) 11AM Sit & "B" Fit</p> <p>1PM Interval Training 2PM Better Balance</p>	<p>30</p> <p>9:00- 9:45 AM Overdrive Training</p> <p>Pool Hours: 9AM-1PM</p>	
						<p>31</p> <p>9:00- 9:45 AM Overdrive Training</p> <p>Pool Hours: 9AM-1PM</p>



Health & Wellness Center Hours of Operation

Fitness Center

Monday – Friday:
7:00 AM – 5:00 PM

Saturday - Sunday:
CLOSED

Aquatic Center:

Monday – Friday
7:00 AM – 5:00 PM

Saturday
9:00 AM – 1:00 PM

Reservations:

Reservations are required for Fitness Center & Pool.
Make sure to book your appointment through
[**CareMerge Booking Page.**](#)

Virtual Group Exercise Class:

Group exercises are available virtually through Webex or Zoom Platform, please see daily schedule for direct links to each class.

FRIENDLY REMINDER!

- **Facemasks are required.**
- **Make sure to have your key fobs to enter the building.**

Contact Information:

Fitness Center: (732) 565-2503
Lori Morell: (732) 565-2421

Virtual Group Class Descriptions

Sit & “B” Fit

Seated

30-minute chair class for all fitness levels to support flexibility, range of motion, core strength and functional movement.

Chair Kickboxing

Seated

Punch & kick your way through by utilizing moves to strengthen your upper & lower body, while getting a great cardiovascular workout. Weights are optional.

Interval Training

Seated to Standing

Improve your cardiovascular efficacy with short bursts of aerobic energy and strength exercises. It is an enjoyable alternative to a typical aerobic workout.

Uppercut

Seated

Strength & flexibility toning for your arms and upper body through resistance training exercises. Weights are optional.

Total Body Workout

Seated to Standing

Body conditioning to help firm, shape and redefine your total physique from your head to your toes.

Chair to Air

Seated to Standing

A high-energy class that blends boxing & aerobics from the chair to a standing position. Punch, kick & fight your way to a healthier you.

Stretch & Strength

Seated

This class takes you through a variety of exercises. Increase your muscular strength and range of movement, helping with activities of daily living. Weights are optional.

Zumba Gold

Seated

Easy to follow Latin dance steps to improve cardiovascular health.

Move & Groove

Seated

Casual exercise patterns performed standing to improve functional fitness for your heart, legs and arms.

Gentle Stretch & Movement (15 minutes)

Seated to Standing

An energizing class that will kick start your morning and inspire you to move through the rest of your day with intention and ease. This class unites body and breath by integrating rhythmic breathing with conscious movement.

Functional Fitness

Seated to Standing

Training your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. This type of training can make everyday activities easier, help reduce your risk of injury and improve your quality of life.

Power Kickbox (20 minutes)

Seated to Standing

Increase your fitness through movement! High-energy exercise intended to strengthen all muscles of the body with easy to do choreography.

Cross Training

Seated to Standing

Using different exercise systems, aerobic and anaerobic, to develop entire body and distribute training load among various body parts reducing risk of over use and injury.

Overdrive

Seated to Standing

45-minute class performed in 15-minute intervals to improve physical strength, heart health & flexibility.

Muscle Maker

Seated to Standing

Utilization of precise movements focusing on form & technique to build upper & lower body strength.

Yoga

Seated

Mind-Body workout that combines strengthening & stretching poses with deep breathing for meditative practices.

Better Balance

Seated to Standing

Strength train the muscles in your chest, back, core and legs for improved posture, coordination, and physical balance.

Boot Camp

Seated to Standing

A workout that incorporates intense bursts of kickboxing exercise alternated with lighter fitness activities.

Below the Belt

Standing

Stretching, Strengthening and Flexion of the muscles of the lower body to improve balance, stamina, and endurance.

Workout Challenge

Standing

Yep, you read it right! Challenge yourself to a more vigorous 30-minute progressive total body format incorporating high repetitions, multiple sets, with minimal rest periods during the session.