











\*\*SPIN 5280 Not part of membership

## WESTWOOD FLOOR CLASS SCHEDULE

Effective May 2019

MONDAY 6AM - 9PM	TUESDAY 6AM - 9PM	WEDNESDAY 6AM - 9PM	THURSDAY 6AM - 9PM	FRIDAY 6AM - 9PM	SATURDAY 7AM - 2PM	SUNDAY 8AM - 2PM
8:45 AM Kick Box Express	8:45 AM (45 min) Full Body Circuit	8:45 AM 	7:00 AM A.M. Blast	8:30 AM SPIN (45 min)	8:15 AM(75m)  Cardio	8:15 AM Kick Box Infusion
9:45 AM Interval/ Cardio Strength	9:30 AM Kickbox-Step Fusion	9:45 AM Corebar HIT	8:45 AM (45 min) Ballet Booty Barre	8:45 AM (45 min) Just Cardio	9:30 AM HIGH INTENSITY 	9:15 AM 
	9:45 AM ** SPIN (45 min)		8:45 AM ** SPIN (45 min)	9:45 AM Pure Strength	9:30 AM ** SPIN (45 min)	9:30 AM ** SPIN (45 min)
11:00 AM (30 min) 	10:30 AM 	10:45 AM Muscle Max	<b>R.I.P.P.E.D.</b>	11:00 AM <b>YOGA</b>	10:30 AM Barre Strong	10:15 AM Cardio Sculpt
12:00 PM <b>YOGA</b> Gentle	12:30 PM Steel Pilates	12:30 PM Low & Loaded	10:30 AM On the Ball	12:00 PM Fit & FUNctional	12:30 PM <b>YOGA</b>	
4:15 PM Ball Max			11:30 AM 	<p>Bergen County's Favorite Women's-Only Health Club</p>  <p>OAKLAND 350 RAMAPO VALLEY RD 201-405-0555</p> <p>WESTWOOD 700 BROADWAY 201-666-6600</p> <p>Printable schedules available at <a href="http://americanwomanfitness.com">americanwomanfitness.com</a></p>		
5:15 PM Pure Strength	5:15 PM Body Blast	5:30 PM Power Barre Pilates	5:15 PM Freestyle Fitness			
6:15 PM Low & Loaded	6:15 PM (75 min) Cardio,Kick,Strength	6:15 PM ** SPIN (45 min)	6:30 PM YOGA FUSION			
7:00 PM ** SPIN (45 min)		6:30 PM 20/20/20	6:30 PM ** SPIN (45 min)			
7:30 PM 		7:30 PM 				

## WESTWOOD AQUATIC CLASS

MONDAY 6:00AM - 8:30PM	TUESDAY 6:00AM - 8:30PM	WEDNESDAY 6:00AM - 8:30PM	THURSDAY 6:00AM - 8:30PM	FRIDAY 6:00AM - 8:00PM	SATURDAY 7:00AM - 1:30PM	SUNDAY 8:00AM - 1:30PM
10:00 AM Aqua Flow	10:00 AM Aqua Fusion	10:30 AM Aqua Flow	10:30 AM Aquacise	10:30 AM H2O Cardio Sculpt	10:00 AM Aqua Energy	11:00 AM Noodle in Motion
	11:30 AM Aqua Energy					
	6:00 PM Aqua Flow					

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

## AMERICAN WOMAN SWIM AND FITNESS CENTER CLASS DESCRIPTIONS

Effective May 2019

20/20/20	Three 20-minute segments of cardio, strength, and core training. Burn fat, blast calories, sculpt lean muscle, and achieve your body's peak performance level.
Ballet Booty Barre	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.
Cardio/Sculpt Fusion	Low impact cardio segments combined w/ weights, and various equipment
Body Blast	Complete circuit class of high intensity aerobic intervals with full body strength conditioning, concluding with stretching on the mat.
Cardio Bootcamp	Bootcamp with an edge! Intense advanced cardio and strength class using steps.
Butts & Guts	30-minute express workout concentrating on glutes and abs!
Yoga Fusion	traditional yoga poses focusing on core strengthening, using lt. weights/resistance bands to sculpt & shape, benefits of balance, strength, flexibility & length
Cardio Sculpt	Full body workout. 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	Floor & standing postures inspired by ballet /pilates using body bar as a prop. Focusing on isometric training improving core strength, balance, using free weights
Freestyle fitness	fresh new format ea week utilizing assorted equipment & training techniques to strengthen your heart, body & mind
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.
RIPPED	Combining, Resistance,Interval,Power,Plyometrics,Endurance and core for a great total body workout.Using free weights, resistance & body weight exercises .
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.