


# Group Fitness Class Schedule

Effective April 16, 2016

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday				
<b>Base Spin</b> <i>Dominic M. (:45)</i>	6:15a S	<b>Base Spin</b> <i>Kevin W. (:45)</i>	6:15a S	<b>Base Spin</b> <i>Kara H. (:45)</i>	6:15a S	<b>Power Sculpt</b> <i>Robyn J. (:45)</i>	6:15a X	<b>Base Spin</b> <i>Kevin W. (:45)</i>	6:15a S	<b>Base Spin</b> <i>Shir W.</i>	8:30a S			
		<b>Vinyasa Yoga</b> <i>Troy R.</i>	6:15a MB					<b>Base Spin *</b> <i>Dominic.M.</i>	9:30a S	<b>Hard Bodies</b> <i>Robert E.</i>	9:30a X			
<b>Base Spin *</b> <i>Robert E.</i>	9:30a S	<b>Power Flow Yoga</b> <i>Jeff S.</i>	9:30a MB	<b>Base Spin *</b> <i>Robert E.</i>	9:30a S			<b>Vinyasa Yoga</b> <i>Troy R.</i>	9:30a MB	<b>Vinyasa (basics)</b> <i>Steven C.</i>	9:30a MB			
				<b>Restorative Yoga</b> <i>Hector C. (:75)</i>	10:00a MB					<b>Spin Express</b> <i>Jonathan (:45)</i>	9:30a S			
											<b>Base Camp</b> <i>James</i>	10:30a BC		
<b>Power Flow Yoga</b> <i>Jeff S.</i>	12:00p MB												<b>Base Spin</b> <i>Robert E.</i>	10:30a S
<b>Zumba</b> <i>Jeannine S. (:45)</i>	12:15p X	<b>Base Spin</b> <i>Kara H. (:45)</i>	12:00p S							<b>Power Flow Yoga</b> <i>Jeff S.</i>	12:00p MB	<b>Zumba</b> <i>Jeannine S. (:45)</i>	12:15p X	<b>Vinyasa (int/adv)</b> <i>Steven C.</i>
<b>Base Body</b> <i>Susan D. (:45)</i>	1:00p X	<b>BURN*</b> <i>Kara H. (:45)</i>	1:00p X	<b>Base Body</b> <i>Susan D. (:45)</i>	1:00p X	<b>Spin Power</b> <i>Eniko K. (:45)</i>	12:00p S	<b>Base Barre</b> <i>Carrie J.</i>	1:00p X	<b>Zumba *</b> <i>Jesaida F.</i>	10:45a X			
										<b>Base Barre</b> <i>Bianca R.</i>	11:45a X			
<b>Ripped Ride</b> <i>Kara H. (:45)</i>	6:00p S	<b>Saved by the Bell</b> <i>Shir W. (:45)</i>	5:30p BC	<b>BURN*</b> <i>Kara H. (:45)</i>	6:00p X	<b>Base Box/Sculpt</b> <i>Robert E. (:45)</i>	6:30p X	<b>Ripped Ride</b> <i>Kara H. (:45)</i>	6:00p S	<b>Evolution</b> <i>Paul V.</i>	12:15p BC			
										Sunday				
<b>Power Flow Yoga</b> <i>Robyn J.</i>	6:30p MB	<b>Base Spin 45</b> <i>Shir W. (:45)</i>	6:15p S	<b>Vinyasa Yoga</b> <i>Jane B.</i>	6:00p MB	<b>Base Spin</b> <i>Robert E. (:45)</i>	7:15p S	<b>PiYO</b> <i>Cait R.</i>	6:45p MB	<b>Vinyasa Yoga</b> <i>Gilli A.</i>	9:00a MB			
<b>Booty Blast</b> <i>Kara H.</i>	7:00p X	<b>Balance&amp;Flow Yoga</b> <i>Allyson B.</i>	6:30p MB	<b>Tabata</b> <i>Emily V.</i>	7:00p X	<b>Vinyasa (open)</b> <i>Steven.C.</i>	7:15p MB	<b>Zumba*</b> <i>Alex. M</i>	7:00p X	<b>Hard Bodies</b> <i>Robert E.</i>	9:30a X			
<b>Base Spin</b> <i>Dominic M. (:45)</i>	7:00p S	<b>Sweat &amp; Surrender</b> <i>Dawn L. (:75)</i>	7:00p S & MB	<b>Base Spin</b> <i>Kara H. (:45)</i>	7:00p S	<b>Zumba *</b> <i>Dana C.</i>	8:00p X	<b>Base Beast</b> <i>Brian R.</i>	7:00p BC	<b>Sweat &amp; Surrender</b> <i>Dawn L. (:75)</i>	9:30a S & MB			
<b>Vinyasa Yoga (open)</b> <i>Troy R</i>	7:30p MB	<b>Evolution</b> <i>Paul V.</i>	7:00p X	<b>Pilates</b> <i>Heather W.</i>	7:15p MB	GREY box requires online enrollment.  Use Base App to see and enroll in classes.				<b>Vinyasa Yoga</b> <i>Daba B.</i>	11:00a MB			
<b>Zumba</b> <i>Vanessa A.</i>	8:00p X	<b>Booty Barre</b> <i>Bianca R.</i>	8:00p X	<b>Base Hip Hop *</b> <i>Lynn H.</i>	8:00p X							<b>Base Spin</b> <i>Robert. E</i>	11:00a S	
<b>BURN</b> <i>Kara H</i>	8:00p BC											<b>Restorative Yoga</b> <i>Daba B.</i>	5:00p MB	

GREY box requires online enrollment prior to class.

\* Requires enrollment at desk prior to class.

Class times 60 mins unless otherwise noted

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## Cardio & Sculpting

Base Barre- A unique class focused on blending light weights, ballet barre, and yoga; enriching your mind/body experience! Designed to define your waistline and lower body. Become more flexible and youthful with each stretch.

Base Beast- With a mixture of barbell, kettlebell, and bodyweight training, this class uses classic supersets done at high intensity to drive results for muscle gain, fat loss and increased cardiovascular efficiency.

Base Body- Total body conditioning, using body bands and weights to tone and strengthen all muscle groups! All levels.

Base Box & Sculpt- A non-contact, action packed class that incorporates kicks from martial arts & upper body combinations from boxing. Challenging & rewarding. Ideal for men and women. All levels.

BaseCAMP- An hour long HIIT class focusing on good movement patterns. A combination of strength and metabolic exercises to increase lean muscle mass, improve aerobic capacity, improve mobility, and burn fat within a fun and safe workout environment.

Base Hip Hop: A cardio dance class, infusing all genres. Taught by Jersey City's very own ChicPEA!

Base Spin- A great cardio workout done on a specialized stationary bike. Our certified instructors will motivate you, the music will drive you, and the whole experience will keep you coming back for more. All levels.

Booty Barre- A total body sculpting class that targets each muscle group to completely transform your body. The class incorporate strength training, intervals of cardio, core strengthening and stretching to improve endurance and flexibility. Small, intense targeted movements using light weights, overload the muscles to point of fatigue.

Booty Blast Focusing lower body movements to help achieve a lean and tone body. It is a combination of yoga, ballet and Pilates mixed together to maximize the best workout.

Burn—No muscle left behind! HIIT , Tabata , strength ,cardio and circuit training. Come ready to get stronger and sculpt all muscle groups.

Evolution- An intense workout designed to work every muscle in the body, but focusing mostly on the heart.

Hard Bodies- Our new name for the Ultimate Sculpt class. Total body conditioning using weights, bars, steps, and bodyweight. You will build strength and endurance. The result will be a leaner, sculpted body. All levels.

Power Sculpt- High Intensity Interval Training is one of the best methods for burning fat. This total body circuit-style class uses specific work to rest ratios to maximize fat burning and push your cardiovascular threshold. For all fitness levels!

Ripped Ride- Cycle with a twist. Come for a fun , upbeat, challenging ride -take it to the next level with some heart pumping beats , and upper body focus through the use of light weights and high repetition . Hills , sprints , jumps , climbs - all levels welcome.

Saved By The Bell- Based on years of rigorous training in theory, science and hands-on application of this incredibly functional Russian weightlifting system, KB master instructor Shir Warr developed a special program exclusively for Base members. You will learn the foundation and proper form for each of the basic (and some advanced) KB lifts, and progress into a flow programmed to speed up metabolism, build and sculpt muscle, increase endurance and shed unwanted fat.

Sweat & Surrender- Our Master Class is a 75 minute, 2-part experience that gives you the benefits of both Spin & Yoga. The class begins with 40 minutes of Spinning followed by 35 minutes of rejuvenating yoga to stretch out the muscles you've just worked.

Tabata-Short bursts of High Intensity exercises followed by short bursts of rest repeating for several rounds. Tabata training will raise your metabolism and heart rate immediately. Since you are performing these exercises at a very high intensity, your body will have to work much harder to keep it up.

Zumba- A fusion of Latin and international music dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. All levels.

## Mind & Body

Balance & Flow Yoga- Using Ujjayi breath to warm the body from inside out, this class explores the alignment and psychology of arm balances and inversions so you can approach them with greater mindfulness and ease. This is a fun, unique sequence that is open to all levels and includes guided arm balances, inversions, twists and stretches, accompanied by energetic music. Benefits of this flow include developing upper body and core strength, increasing hip and hamstring flexibility, and sharpening mental discipline.

Pilates- Joseph Pilate's authentic mat sequence strengthens stretches & defines the entire body - focusing the awareness on a stable center. Includes Magic circle work & exercises adapted from the Reformer. Music and added exercise tools incorporated in class.

Power Flow Yoga- A conscious flowing sequence of asanas (postures) linked by breath and intention. Integrating the physical (body) psychological (mind) and spiritual heart (soul), leading to the ultimate goal of liberation. Hands on adjustments are given, while inspiring music is played. All levels.

PiYo— A music-driven athletic workout inspired by Pilates and Yoga. It includes flexibility training, strength training, conditioning and dynamic movement.

PiYo is a workout everyone can enjoy because it offers modifications and progressions for all fitness levels. Each class focuses on three styles of movement: focus, flow and fusion. During focus segments poses are held for several breaths to increase strength. Flow segments are rhythmic, generate heat in the body and produce a sweat. The fusion segments are where focus and flow are blended. These movements incorporate a dynamic balance of functional training that challenge strength and balance, and emphasize the athleticism of Pilates and yoga.

Restorative Yoga- A unique class combining the best of both yoga and stretching, to relax, invigorate and rejuvenate mind/body. All levels.

Vinyasa Yoga: A challenging, vigorous practice, focusing on synchronization of breath with continuous flow of movement. Builds heat, endurance, flexibility, strength & mental focus, incorporating uplifting music. All levels.

## Class Policies

For Your Safety & In Consideration Of Others.

- 1. Online enrollment is available** where indicated. Enrollment opens 24 hours before class begins and closes 1 hour before class begins or when class is full.
- 2. Should you need to cancel your reservation, you MUST cancel via your online Base Account no later than 1 hour before class begins.** You are required to arrive at least 5 minutes before start time to avoid forfeiting your spot to a member on the waitlist.
- 3. When arriving at Base, members MUST check in at the front desk by** A) scanning their Base keycard, and B) highlighting their name on the class registration form.
- 4. Reception desk will have a waitlist ready once a class is full. Open spots will be given just before the start of class.**
- 5. Please mention any physical limitations to the instructor prior to the start of class.**
- 6. Class is closed 10 minutes after start time. Please do not ask to be the exception.**
- 7. When entering a class late, please begin in the back of class.**
- 8. If you will be leaving class early, please exit as quietly as possible.**
- 9. If you must bring a cell phone, please silence the ringer.**
- 10. Hygiene is a must. Using deodorant prior to coming will help everyone around you have a better workout.**