



CLASS SCHEDULE – Effective May 7, 2012

(732) 271-1000
 TESTsportsclubs.com
 1931 Washington Valley Rd.
 Martinsville, NJ 08836

Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 Spin & Sculpt Eileen/ Studio II	5:45 WillPower & Grace Marcella/The Studio	5:45 Spinning Eileen/Studio II	6:00 Circuit Training Scott/The Studio	5:45 Spinning Eileen/Studio II	7:30 Spinning Alice/Studio II	8:00 Spinning Marcia/Studio II
8:30 Pilates Bonnie/Studio II	8:00 Tighten Up & Burn Marcella/The Studio	8:30 Spinning George/Studio II	8:30 The Ultimate '75' Sandi/The Studio	8:30 Body Sculpting Lynda/The Studio	8:30 Cardio Mix Rotation/The Studio	9:00 Body Sculpting Marcia/Studio II
9:30 PowerStrike Sandi/ Studio II	8:30 Spinning Jim/Studio II	9:30 Pilates Bonnie/Studio II			9:30 Body Sculpting Rotation/The Studio	10:00 Hatha Yoga Pamela/Julie/Studio II
	9:00 Interval Training Lynda/The Studio					
EVENING CLASSES						
5:45 Yoga Pamela/Studio II	6:00 Spinning Robin/Studio II	5:45 Yoga Mary/The Studio	5:30 Spinning Alice/Studio II			
6:00 Power/ Strength Lynda/Sandi The Studio		6:00 Circuit Training Karen/Studio II				
7:00 Zumba Nancy/Studio II		7:00 Zumba Daysi/Studio II				

Specialty Classes & Semi-Private Training*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 Boot Camp Donna/Fieldhouse	6:00 Triple B Eddie/Fieldhouse	5:45 Boot Camp Donna/Fieldhouse	6:00 Triple B Eddie/Fieldhouse	5:45 Boot Camp Donna/Fieldhouse	11:00 Private Class Iwona/Studio II	
9:00 Boot Camp Karen/Fieldhouse	8:00 Total Body Blast Steve/Fieldhouse	8:45 R.I.S.e Up! Lynda/The Studio	8:30 Power/Strength Mike/Fieldhouse	9:00 Zumba Andrea/Studio II		
9:30 BOXING Dewayne/The Studio	8:30 Power/ Strength Mike/Fieldhouse	9:45 R.I.S.e Up! Lynda /The Studio	9:15 Cardiolates Marcella/ Studio II	9:30 Cardio Kickboxing PLUS Lynda/The Studio		
11:00 TRX Jim/Fieldhouse	9:30 Step It Up Marcella/Studio II					
EVENING CLASSES						
6:00 Triple B Eddie/Fieldhouse	6:30 Belly Dancing Andrea/The Studio	5:00 Private Class Iwona/The Studio	7:00 Triple B Geir/Fieldhouse	6:00 Triple B Eric/Fieldhouse		
	7:00 Triple B Geir/Fieldhouse	6:00 Triple B Eddie/Fieldhouse				

* To participate in a Specialty (>8) & Semi-Private (8 or less) class, an addition class fee is required. Inquire about pricing.

TEST Sports – Class Descriptions

BELLY DANCING (6-weeks) Do you want to shake it like Shakira? Or. Do you want a great addition to any fitness program? Come celebrate the art of bellydance...no need to bare your belly if you don't want to. 6-weeks for \$120.

BODY SCULPTING: Designed to tighten and tone your body using every muscle and various equipment. Great for developing lean muscle definition.

BOOT CAMP: Each one hour class combines intervals off strength and cardiovascular routines with a mixture of challenging core exercise at a heart-pumping continuous pace.

BOXING – Train like a boxer without the one on one contact with this intense full body workout. This class incorporates martial arts inspired punching drills while working your shoulders and abs. Perfect your technique while enhancing your speed, agility, strength and coordination This class is a combination of martial arts, athletic drills and boxing blended together...*Dewayne style*. Be prepared to have a GREAT time while burning a ton of calories.

CARDIO KICKBOXING PLUS: Jab, Kick and have fun in the cardio class with simple boxing moves, incorporating jump rope and conditioning drills.

CARDIOLATES : Rev up your metabolism with this cardio-Pilates class, each week progressing to a stronger, healthier and better functioning body.

CARDIO MIX: Mixing Cardio and Sculpting all in one hour. Challenging, yet fun!

CIRCUIT TRAINING – Burn fat and strengthen muscles, moving from one exercise station to another. Timed intervals so you can work at your own pace.

HATHA YOGA: Inforporates asanas(postures) pranayama (breath work) and shavasana (relaxation).

INTERVAL TRAINING: Works all muscles with a cardio element for a fat-burning workout. Continuous movement of intervals will work you hard!

PILATES: A low intensity class focusing mainly on core strength. It will help you become more flexible and will tone your entire body.

POWER & STRENGTH: This class combines the best of strength training with cardio. A full-body workout using bodyweight exercises, weights, and resistance training, getting your heart in and out of the anaerobic zone. This class keeps your mind and body moving!

POWERSTRIKE: An intense cardio workout that uses martial arts movements in a dynamic format. Concentrates on safety and proper form, highly motivating and easy to follow.

R.I.S.e UP! Join Lynda in this class that works it all, with the element of surprise – each class is different, so be ready for anything and to work out of your comfort zone! Various training techniques and equipment used for an all over body workout, leaving you energized and feeling great!

SPIN & SCULPT: A combination of spinning and sculpting all in one! 30 minutes of spinning, 30 minutes of sculpting!

SPINNING: An indoor group cycling class consists of an instructor who physically and verbally guides you through routine or journey on a stationary bike for great calorie burning!

STEP IT UP: Is not your average step class, a combination of Step and Sculpt!

TIGHTEN UP & BURN: A variation of sculpting and toning muscles using your own body weight, targeting the large and small muscles of our body, including abdominal muscles too. Truly a "State of the art" class!

TOTAL BODY BLAST: Full body training using weights, machines, drills, bars, and balls for a great workout!

TRIPLE "B" (Burn Baby Burn): Triple B is a unique class that combines cardio, strength, and core training to produce a great calorie burning workout. Workouts will use a variety of functional exercises using advanced equipment. For ALL fitness levels.

TRX: TRX Suspension Training harnesses your own body weight to create resistance as you workout and *you* adjust the degree of difficulty, regardless of your fitness level, age or fitness goals. www.fitnessanywhere.com

THE ULTIMATE '75' CHALLENGE: Rev up your metabolism and burn calories with this 3-segment cardio/strength/core class. Work Cardio first, then strength/toning, and close with core/bar work. Get ready to work it all!

WillPower & GRACE: This bare-foot class fuses principals: dance, yoga, pilates, and old-school calisthenics with a cardio element. Calorie burning, rhythmic mosaic of postures, drills and principles.

YOGA: Uses classical yoga postures and meditative stretches to release chronic muscle tension, turn the focus inward and calm the mind. The entire session harmonized body, mind and spirit to activate the relaxation response, with all its healing benefits.

ZUMBA: Fun, internationally based dance moves, mostly Latin, with exercises for the entire body. Burn hundreds of calories in one hour. Upbeat music, different rhythms keep this class interesting and fun. Great aerobic workout and calorie burner. Come Join the Party!