

South Jersey Healthcare Fitness Connection

Group Fitness Class Descriptions

1--2--3

1 minute abs, 2 minutes of strength, 3 minutes of cardio run in circuits

Abs

20-30 minute focus on strengthening and toning the abdominal and core muscles

Body Pump

A barbell-based weight-training workout designed to develop muscular endurance. Class format: Warm-up, Squats, Chest, Triceps, Lunge/Plies, Back/Hamstrings, Biceps, Shoulders, Abdominals & cool-down/stretch. This class is a great way to compliment your cardio workouts.

Boot Camp

A vigorous workout modeled after traditional military boot camp. Running/fast-walking and traditional calisthenics are the main focus of the workout.

Cardio Sculpt

A great mix of cardio and muscle conditioning moves using your own body to create the challenge for your muscles!

Dancercise

Step and sway "show girls" style to the different beats of energizing music

Intervals

This class incorporates challenging cardio segments immediately followed by muscular conditioning exercises. Keeping the rest intervals short allows the best cardio workout.

Kettle Bells

This is a dynamic strength training workout utilizing a bell-shaped weight which improves total body strength so you can see results in a short amount of time.

Kickboxing

This high-energy interval training class combines athletic aerobic movements with boxing & kickboxing movements to develop strength and endurance.

Men's Yoga

A full body workout based on yoga moves designed for men. (Ladies are welcome too)

On The Ball

½ hr complete workout with the resist-a-ball, focusing on developing a strong core

Pilates

Create a longer, leaner body through a precise series of movements. Each exercise focuses on breathing, form and execution. Concentration is placed on your core to create strength & flow throughout the routine.

Sets n Reps

Strength training class designed to shock your muscles using supersets, drop sets etc. Barbell tubing & step required. This is great for every fitness level because you work to your own ability.

Step

Learn the basic movements & patterns used in all step classes. Great for anyone who likes to keep it simple yet get a good cardiovascular workout too.

Step Intervals

Cardiovascular training using the step platform with intervals for muscular strength and condition mixed in. Appropriate for all fitness levels.

Stepn' Sculpt

A moderate intensity step workout followed by exercise designed to tone & strengthens the total body.

Stretch Class

30mins of stretches for the total body

Spin

A cardiovascular conditioning class on indoor cycles designed for all fitness levels combining seated and standing work, strength, endurance and power intervals. ***Please call to reserve a bike***

Triclub

Private club training session for jersey devils multisport team. Must pre register with team to join class. Contact them via facebook!

Yo-ball-lates

A series of movements from yoga, pilates and stability ball blended into an energizing core & all over workout.

Yoga-Fit

Yoga poses lengthen and strengthen the body for an all overall workout. Hand weights & other equipment may be used to0.

Yogacise

a ½ hr gentle workout with music relaxing body, mind and spirit.

Yoga Stretch

a complete series of yoga stretches to improve flexibility and mobility.

Zumba

a fitness program combining Latin rhythms with cardiovascular exercise to create an aerobic routine that is FUN and easy to follow! Works up a great sweat too!

Please make sure to check the current Group Fitness Schedule for classes that are currently in session. Not all classes listed on this page are guaranteed to be on the current schedule.