

Peak
Performance

Group
Fitness
SCHEDULE



908.879.7631

EFFECTIVE

Saturday,
January 14,
2012

peakperformancewellness.
com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 SPINNING Peter	ASK US ABOUT OUR 5:30 AM BOOTCAMP ON M,W,F	6:00 SPINNING Patti		7:00 Sports Conditioning Dan/Drew	
7:30 SPINNING Suzanne	7:30 Cardio Blast Kitty	7:30 LES MILLS BODYPUMP Suzanne	7:30 Body Blast Kitty	7:30 Xpress Circuit (30 min) 8:00 AB Attack (30 min) Marcus	7:30 LES MILLS BODYPUMP Jake	NEW TIME 8:00 Sports Circuit Conditioning Bonnie and Jon
8:45 LES MILLS BODYPUMP Suzanne	8:45 Body Blast Kitty	8:45 SPINNING Dixie	8:45 SPINNING Suzanne	8:45 SPINNING Cheryl	8:45 SPINNING Suzanne	NEW TIME 9:00 SPINNING and Strength Bonnie
10:00 BODY COMBAT LEO MILLS BODY TRAINING SYSTEMS Marcus	10:00 SPINNING Sharon	10:00 Fusion Angel	10:00 BODY COMBAT LEO MILLS BODY TRAINING SYSTEMS Justine/Marcus	10:00 LES MILLS BODYPUMP Justine	10:00 Fusion Angel	
		NEW !! 12:30-1:30 LUNCH TIME SPIN Bonnie				
5:30 LES MILLS BODYPUMP Marcus	6:30 Fusion Angel	5:30 SPINNING Sharon				
6:45 SPINNING Sharon		6:45 LES MILLS BODYPUMP Jake/Marcus	6:45 BODY COMBAT LEO MILLS BODY TRAINING SYSTEMS Justine			



What is BODYPUMP?

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



WHAT IS SPINNING?

SPINNING is the original and most popular group cycling class. And it's not just because Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, top-notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun.

WHAT IS SPORTS CONDITIONING?

Sports Conditioning is a fun and challenging workout that will develop and strengthen your core muscles and improve your speed and agility through sports specific and plyometric type exercises.

WHAT IS BODY BLAST?

BODY BLAST is an awesome strength training workout emphasizing toning and muscle definition while targeting every major muscle group. Enhance your strength and endurance without “bulking up”. Body Blast features easy to follow routines set to super motivating music. This class is suitable for both men and women as well as ALL fitness levels.

WHAT IS SPIN CORE?

SPIN & CORE is a great combination of cardio and strength training. In this efficient workout, you will go through 50minutes of spinning followed by 20 minutes of a total body or core workout using weights, bands, and stability balls. This class is a great way to start getting fit!

WHAT IS CARDIO BLAST

Cardio Blast is a fun and challenging cardio workout using a variety of equipment and drills to get your heart rate up and improve your cardiovascular fitness.

WHAT IS SPORTS CIRCUIT TRAINING –

Sports Circuit Training is a type of interval training in which strength exercises are combined with endurance/aerobic exercises combining the benefits of both a cardio and strength workout. Circuit means a group of activities and refers to a number of selected stations.



What is

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.

What Is Ab Attack

– AB Attack is a challenging 30 minute Abdominal and lower back workout that will work every angle of your core. This class goes above and beyond sit ups and crunches to define and sculpt the abdominals.

QUESTIONS.... Please contact us at info@peakperformancewellness.com or give us a call at 908-879-7631

IMPORTANT: PLEASE CHECK IN AT FRONT DESK WHEN YOU ARRIVE TOWELS ARE COMPLIMENTARY. EACH CLIENT WILL RECEIVE AN ALUMINUM WATER BOTTLE. IF YOU NEED ADDITIONAL WATER, PLEASE REFILL YOUR BOTTLE AT ONE OF OUR WATER COOLERS.

ALL OF OUR CLASSES ARE STRUCTURED TO INCLUDE A WARM UP AND COOL DOWN. FOR YOUR SAFETY, YOU WILL NOT BE ADMITTED TO CLASS ONCE THE WARM UP IS OVER. WE ARE COMMITTED TO OUR CLIENTS' SAFETY AND ENJOYMENT OF ALL OUR GROUP FITNESS CLASSES