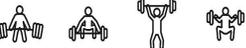
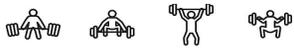


AMERICAN WOMAN SWIM AND FITNESS CENTER

OAKLAND FLOOR CLASS SCHEDULE

Effective Monday, January 06, 2020

MONDAY 6:30AM - 9:00PM	TUESDAY 6:30AM - 9:00PM	WEDNESDAY 6:30AM - 9:00PM	THURSDAY 6:30AM - 9:00PM	FRIDAY 6:30AM - 8:00PM	SATURDAY 7:00AM - 2:00PM	SUNDAY 8:00AM - 1:00PM
08:30 AM HIIT High Intensity Interval Training	07:00 AM CrossFit	08:30 AM Cardio Fusion	08:30 AM Rise & Grind	08:30 AM 	08:30 AM (**60 MIN) 	<p style="color: #e91e63; font-size: 2em;">did you WORK OUT today?</p>
09:30 AM 	08:30 AM Stability Ball Sculpt 	09:30 AM 	09:30 AM 	09:30 AM CrossFit		
10:30 AM Total Body Conditioning	09:30 AM (**60 MIN) 	10:30 AM <i>Interval Training</i>	10:30 AM CARDIO KICKBOXING 	10:30 AM Pure Strength 	10:00 AM 	09:30 AM 
11:30 AM YOGA			11:30 AM YOGA		11:30 AM YOGA	10:30 AM BUTT & GUT
04:30 PM BUTT & GUT	04:30 PM (**60 MIN) 	4:30 PM Stability Ball Sculpt 	4:30 PM Pure Strength 	<p>Bergen County's Favorite Women's-Only Health Club</p> <p style="font-size: 2em; font-weight: bold;">American Woman</p> <hr style="border: 1px solid #e91e63; width: 100px; margin: auto;"/> <p style="font-size: 1.5em; font-weight: bold;">SWIM & FITNESS</p> <p style="font-size: 0.8em;">Printable schedules available at americanwomanfitness.com</p>		
5:30 PM 	5:30PM 	5:30 PM 				
7:30 PM 	7:30 PM YOGA					

OAKLAND
350 RAMAPO VALLEY RD
201-405-0555

WESTWOOD
700 BROADWAY
201-666-6600

AQUATICS CLASS SCHEDULE

MONDAY 6:30AM - 8:30PM	TUESDAY 6:30AM - 8:30PM	WEDNESDAY 6:30AM - 8:30PM	THURSDAY 6:30AM - 8:30PM	FRIDAY 6:30AM - 7:30PM	SATURDAY 7:00AM - 1:30PM	SUNDAY 8:00AM - 12:30PM
8:30 AM H2O Intervals	8:30 AM Energy H2O	8:30 AM Aqua Zumba	8:30 AM H2O Tabata	8:30 AM Aqua Zumba	8:30 AM Weekend Warrior	
9:30 AM Aqua-box		9:30 AM Hydra-tone		9:30 AM Aqua-box	<p>**the pool area closes 30 minutes prior to the club closing</p>	

OAKLAND GROUP CLASS DESCRIPTIONS - FLOOR

Effective Wednesday, Jan 01, 20

Body Bar Boot Camp	60 Min workout, you will strengthen and tone your muscles, increase your endurance as well as burn calories. This class is a total body workout, designed to work major muscle groups.
Bootcamp	Challenge yourself with this fast-paced, calorie-burning workout, using the traditional Bootcamp style
Butts & Guts	60-minute workout concentrating on glutes and abs!
Cardio Kickboxing	High-intensity infusion of cardio, kickboxing, and strength.
Cardio Dance	An energetic, upbeat aerobics class inspired by different styles of dance! Be ready to sweat in this 60 min class! All levels and ages encouraged!
Cardio Fusion	Total body workout that fuse both cardio and strength training to increase flexibility, burn calories, and tone muscles.
Circuit Training	Circuit format workout with short periods in between rapidly moving to the next exercise
Crossfit	Varied functional movements into a timed/scored workout
Cross Training	A blend of both cardio and strength training to burn calories and build stamina
H I T T	High Intensity Interval Training - the class combines high-intensity cardio with strength moves for a very sweaty workout.
Interval Training	Low to high intensity workout with periods of rest in between
Just Weights	A variation of exercises using weights, focusing on different muscle groups
Pilates Mats	You will learn fundamentals and proper techniques of Pilates Mat focusing on body connection, breath and alignment as we work the deepest muscles which stabilize and support the spine & pelvis.
Pound	POUND workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout.
Pure Strength	No impact total body conditioning strength class utilizing various equipment.
Rise and Grind	Features a unique mix of cardio and strength training that will help keep you toned.
Stability Ball Sculpt	Core intensity class utilizing stability balls and free weights / low-impact core class
Strong by Zumba	High intensity tempo training with Zumba music combining body weight, muscle conditioning, cardio and plyometric moves synced to original music that has been specifically designed to match every single move.
Tabata Workout	20 seconds of concentrated work followed by 10 seconds of rest. This format is repeated in 8 intervals for an intense, fat-burning workout!
Total Body Conditioning	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 weights and steps
Total Body Sculpt	Muscle toning class that uses free weights, resistance bands and your own body weight.
Triple Threat	Combination of step, kickboxing and toning combined class
Wake up Call	Weight training, Circuit training, Bootcamp, Yoga, Pilates, and more. Wake up call is a different class every time you take it!
Willpower & Grace	A full body, equipment-free barefoot conditioning program that incorporates high-energy cardio sculpting movements.
Yoga	Bring a mat and join in on this relaxing yoga class that promotes balance and strength.
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.
Zumba Toning	Use light weight dumbbells to combine various body-sculpting exercises and high energy cardio in this Latin-infused workout!

OAKLAND GROUP AQUATIC CLASS DESCRIPTION- POOL

Aqua-box	All the traditional boxing moves with the resistance of water which burns more calories
Aqua-Tabata	Format repeating class of concentrated moves for 20 seconds followed by periods of rest. Repeated in intervals.
Energy H2O	Cardio and weight training combinations, designed to give you energy all day long
Hydro-Burn	An hour long aqua aerobic and strength training class
H2O Intervals	A mix class of 5-7 minutes of high intensity cardio followed by 5-7 minutes of low intensity body toning using aqua weights and noodles
Hydra-tone	A low impact, full body workout that is designed to tone your arms, legs, and core.
Weekend Warrior	5 minute warm up, 30 mins of high impact cardio & 15 minutes of weight training. Ending with 10 mins of Pilates and a cool down