

All classes are 60 minutes unless noted. Schedule also available at www.carveyourbody.com Contact: Studio @ 201-483-7326 or Bessie @ 201-390-4696

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:25 am Abs Xpress w/Eileen (bring mat - 15 min)	8:30 am Piloxing w/Beth (45 min)	8:30 am Interval Cardio Kickbox w/Gail (bring mat - 50 min)	8:30 am Cardio Kickbox w/Gail (45 min)	8:25 am Interval Training w/Eileen (bring mat - 50 min)	8:05 am Zumba® / Strength w/Bessie (bring mat)	8:00 am Pilates Mat w/Danielle (bring mat - 45 min)
8:40 am Interval Training w/Eileen (45 min)						
9:30 am Latin Funk w/Alberto	9:20 am Zumba® / Strength w/Bessie (bring mat)	9:30 am Zumba® w/Janice	9:20 am Zumba® w/Evangelina	9:20 am Zumba® w/Bessie	9:30 am Zumba® w/Lucy	8:50 am Zumba® w/Janice
10:35 am Zumba Gold® w/Lisa Salerno	10:30 am Circuit Training w/Bessie (bring mat)	10:45 am Zumba Gold® & Zumba Toning® w/Lisa Salerno	10:30 am Circuit Training w/Lisa Birch (bring mat)	10:30 am Zumba® w/Janice	10:45 am Zumba® Alt w/Lisa Stable or w/BettyAnn	10:00 am Zumba® w/Grace
	11:40 am Zumba® w/Evangelina			11:40 am Zumba Gold® w/Lisa Salerno	11:45 am Zumba® / Intro w/BettyAnn (45 min) (registration only)	11:10 am Interval Training w/Eileen (bring mat)
3:45 pm Ballet/Jazz (for 4-6yrs old) (45 min) w/Danielle call 201-921-2654 for info		4:30 pm Zumba® w/Chris	4:30 pm Zumba® / Teens (for ages 10-18 only) w/Johanna (45 min)	4:30 pm Zumba® w/Chris	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Please note for any REGISTRATION ONLY classes including Fit Kids, please email bessie@carveyourbody.com or call studio directly at 201-483-7326. A required number of participants will be needed to run these classes. Thank you.</p> </div>	
5:00 pm Zumba® w/Chris	5:30 pm Zumba® w/Rosa	5:35 pm Zumba® w/Grace	5:30 pm Abs Xpress w/Bessie (bring mat - 15 min)	5:35 pm Zumba® w/Rosa		
6:15 pm Zumba® / Strength w/Bessie (bring mat)	6:45 pm Zumba® w/Lucy	6:45 pm Zumba® w/Bessie	6:35 pm Zumba® w/Mima	6:40 pm Zumba® w/Eileen		
7:30 pm Zumba® w/Chris	7:45 pm Zumba® w/Mima	7:55 pm Butt & Gutt w/Bessie (bring mat - 45 min)	7:35 pm Zumba® w/Bianca	8:00 pm Trim in 6 Seminar w/Bessie (Next Seminar: 3/2)		
8:35 pm Rest & De-Stress w/Lisa Power (45 min) (bring mat) (registration only)				8:00 pm Bellydance w/Mandana (registration only)		Fit Kids w/Johanna (ages 5-10) can be arranged based on request. (registration only)

CLASS DESCRIPTIONS by INSTRUCTOR: (All classes are 60 minutes unless noted on schedule.)

ZUMBA® / INTRO w/ BETTYANN: **Introduction** to Zumba® moves and rhythms; learn the basic steps used in all Zumba® classes. Instructor will stop in-between routines to explain steps and proper form. Great place to start if beginning Zumba® fitness classes. *This is a 45-minute class.* **Registration only.**

ZUMBA GOLD® w/ LISA SALERNO: Zumba® class geared for the **active, older adult, the beginner participant** and other special populations that may need more modifications for success.

ZUMBA® w/ BETTYANN, EVANGELINA, LISA STABILE, LISA SALERNO, WENDY (*These instructors can do higher energy as well.*): Zumba® fitness class geared for those seeking **a low-impact, fun workout**. Lots of easy to follow dance steps performed at a slower, more modified pace. This class is perfect for anyone of any age.

ZUMBA® w/ ANNA, BETTYANN, BIANCA, CRISTIN, EILEEN, EVANGELINA, GRACE, JOHANNA, MIMA, ROSA, WENDY: Latin dance rhythms based on cardio interval training that maximizes fat burning & total body toning. Combines **high energy** and motivating music.

LATIN FUNK w/ ALBERTO is very similar in style and rhythms to this level of Zumba.

ZUMBA® w/ JANICE: World dance rhythms featuring classic Zumba® dance steps with a **jazzy dance flavor**. Energetic and fun choreography.

ZUMBA® w/ LUCY, CHRIS, BESSIE: Zumba® fitness class featuring classic Zumba® dance steps with more **high-impact moves** with a Latin flare.

ZUMBA® / TEENS w/ JOHANNA: Features classic Zumba® dance steps with a Hip Hop flavor geared **for 10-18 yr olds only**. Incorporates pop, club, hip hop, reggaeton music.

ZUMBA TONING® w/ ROSA, LISA SALERNO: Combines targeted body-sculpting exercises with Latin-infused Zumba moves. Clients learn how to use lightweight, maraca-like **Toning Sticks** to enhance rhythm and will tone arms, abs, glutes and thighs. This class is suitable for all levels including beginners. Toning sticks are optional & modifications will be explained.

ZUMBA® / STRENGTH w/ BESSIE: **Intervals of Zumba® and circuit strength training** exercises. Builds cardiovascular endurance, increases overall muscular strength, core development and improves balance. Equipment: dumbbells, bands, stability ball, one's own bodyweight, floor work. **Please bring mat.** *Saturday is a 75 minute class.*

BELLYDANCE w/ MANDANA: Class teaches muscle isolation, elegant hand gestures and builds a solid foundation of bellydance movements such as hip circles, chest circles, figure 8's, shimmies, and snake arms. Tones hips, glutes, thighs and abdominals. **Registration only.**

BUTT & GUTT w/ BESSIE: A hips/buns/thighs & abs toning workout utilizing standing & floor exercises, stability ball, dumbbells, resistance bands and abdominal exercises. **Please bring mat.** **ABS XPRESS w/ BESSIE, EILEEN:** Concise and effective core workout in limited amount of time.

CARDIO KICKBOX OR INTERVAL CARDIO KICKBOX w/ GAIL, BESSIE: A cross-training aerobic workout incorporating boxing, punches and kicks. Focuses on endurance, core strength & strengthens the entire body. Interval Kickbox class based on intervals of strength-training exercises and cardio kickbox routines; uses dumbbells. **Please bring mat for Interval Kickbox class.**

CIRCUIT TRAINING w/ BESSIE, LISA BIRCH: A total-body circuit strength training workout using high intensity techniques and floor exercises. Effective sequencing and timing utilized in order to produce fat burning results. Modifications are explained. Possible equipment: dumbbells, bands, stability ball, step, soft touch medicine balls, floor work. **Please bring mat.**

FIT KIDS w/ JOHANNA: Fitness class for kids utilizing intervals of cross-training techniques such as aerobic dance (Hip Hop/Zumbatomic®), calisthenics and core training. Class will boost cardio & muscular endurance, increase strength & improve flexibility while having fun! Boys & girls welcome; ages 5-10. *This is a 45-minute class.* **Registration only.**

INTERVAL TRAINING w/ EILEEN: A high-energy workout consisting of interval drills combined with challenging resistance training exercises. Builds cardiovascular endurance and increases overall muscular strength. Modifications are explained. Possible equipment: dumbbells, mat for abdominal work. Fridays & Sundays utilizes the STEP for added variety. **Please bring mat.**

PILATES w/ DANIELLE: Core based workout that follows the Pilates Classical Method of teaching. Class will be conducted at an open level. Whether you have never taken Pilates before or are experienced, all students will benefit from this class. **Please bring mat.**

PILOXING w/ BETH: An exciting workout that mixes Pilates and boxing by blending the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. A fat torching, muscle sculpting, core-centric interval workout - both fun and challenging. Recommended footwear is bare feet or socks with grips at the bottom. Hand weighted 1/2 lb. gloves will be available for purchase or you can purchase elsewhere.

REST & DE-STRESS w/ LISA POWER: End the day with a quiet, relaxing stretch & breathing class. Learn to reduce stress on the body by unwinding, slowing down, elongating the muscles and apply purposeful breathing. You will learn breath-coordinated flowing movement, stretching and yoga postures. **Please bring mat.**