

CLASS DESCRIPTIONS

20-20-20: Incorporates 3 sets of 20 minutes cardio vascular activity. Class will either be a combination of step, hi-low aerobics, kickboxing, strength, sculpt, core-work, abs or whatever else the instructor chooses. Full body workout in an action packed hour.

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, **BODYPUMP** gives you a total body workout. It will burn up to 540 calories*.

KOR POWER: A fusion of low-impact, yoga, and sculpting moves. A great workout for core, balance, muscle, and toning. KOR Power is an equipment-free group exercise workout

KOR KOMBAT: This non-contact class is a high-energy martial arts-inspired workout. Punch and kick your way to fitness and burn a ton of calories! No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude!

PIYO™: Pilates and yoga inspired moves crank up the speed to give you full-throttle cardio, strength, and flexibility training. Body weight is used to perform a series of continuous targeted moves. No weights/jumps, just hardcore results! Barefoot preferred.

SPIN: Indoor cycling class provides a fun and challenging cardiovascular workout for **all fitness levels**. Follow your instructor on a journey that will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. This class will make you sweat. **Bring a towel!** *Please call the day before class to reserve your bike. Limited space available.*

STEP-IT-UP: Step aerobics. Step up, next to and move around step to increase heart rate and challenge stamina. Moves can be adjusted to fitness level.












STRONG by Zumba®: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

YOGA: Improves flexibility, stamina, circulation and coordination with a combination of Yoga and Pilates. Supports whole body functioning and strength. All levels.

ZUMBA: An aerobic workout with pulsating Latin music incorporating footwork and body movements from salsa, meringue, belly dancing and other dances. **NO EXPERIENCE**



Group Fitness Schedule FALL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*SPIN 9:15 AM (60 min) Cindy</p> <p> BODYPUMP 9:15 AM (60 min) Jen</p> <p>TRIPLE A Arms + Abs + A\$\$ 10:30 AM (30 min) Vanessa</p> <p> BODYPUMP 5:30 PM (60 min) Noreen</p> <p>*SPIN 6:45 PM (45 min) Diana</p>	<p> BODYPUMP 5:30 AM (60 min) Debbie</p> <p>STEP IT UP! 9:15 AM (60 min) Dawn</p> <p>KOR POWER 10:30 AM (60 min) Dawn</p> <p>YOGA 5:30 PM (60 min) Danielle</p> <p> STRONG BY ZUMBA® 6:45 PM Danielle</p>	<p>BOOT CAMP 5:45 AM (60 min) Vanessa</p> <p> BODYPUMP 8:15 AM (45 min) Jen</p> <p>*SPIN 9:15 AM (60 min) Debbie</p> <p>PIYO 9:15 AM (60 min) Danielle</p> <p> P90X 5:30 PM (60 min) Danielle</p> <p> ZUMBA 7:00 PM (60 min) Danielle</p>	<p>*SPIN 5:45 AM (45 min) Debbie</p> <p>KOR KOMBAT 9:15 AM (60 min) Trish</p> <p>YOGA 10:30AM (60 min) Danielle</p> <p> TRANSFORM 5:45 PM (30 min) Danielle</p> <p> BODYPUMP 7:00 PM (45 min) Jen</p>	<p>MORNING MELTDOWN 5:30 AM (45 min) Kim</p> <p> BODYPUMP 9:15 AM (60 min) Debbie</p> <p>*SPIN 9:15 AM (60 min) Jen</p> <p>FUN FRIDAY 10:30 AM (30 min) Jen</p> <p>*SPIN 6:00 PM (45 min) Jen</p>	<p> ZUMBA 8:00 AM (45 min) Danielle</p> <p>20-20-20 9:00 AM (60 min) Instructors Alternate</p>	<p>*SPIN 9:00 AM (60 min) Instructors Alternate</p> <hr/> <p>*Sign-up required for Spin class. Sign-up begins day before class. Please call the gym to reserve. 973-506-7060 OR TEXT 862-377-4487</p> <hr/> <p>Class descriptions are on our website www.korfitness.net</p>

KOR Fitness Location

Bearfort Shopping Center
1616G Union Valley Road
West Milford, NJ 07480

www.korfitness.net

973-506-7060 or 862-377-4487 (text)

info@korfitness.net



<https://www.facebook.com/korfitnessNJ>

KOR Fitness Hours

Monday – Sunday: 5 AM to 10 PM