

Winter 2012

Prudential Center Group Fitness Schedule

Updated February 2nd

Hours: Mon-Thurs. 5:30am-10:30pm | Friday 5:30am-9:00pm | Saturday & Sunday 8:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga* 7:00-7:45am w/Carmen SIGN UP	FitCamp 7:00-7:45 Ashley	Core Camp 6:45-7:30am Kristen	Pilates * 7:00-7:45am w/Dawn SIGN UP	Yoga* 7:00-8:00amw/Debbera SIGN UP	Boot Camp 9:30-10:30 w/Katelyn SIGN UP	
Core Basics 7:00-7:30am Angelo	Morning Practice 7:00-8:00 w/Angelo SIGN UP	Yoga for Seniors* 9:30-10:30am w/Tiffany SIGN UP	Bodies in Motion 9:30-10:30am Rachel	Yoga for Seniors* 10:00-11:00 w/Naomi SIGN UP		
Yoga for Seniors* 10:00-11:00am w/Carmen SIGN UP	Stroller Strides® 9:30-10:30				Yoga* 11:00-12:00 w/TBA SIGN UP	
Zumba 11:00-11:45am Katie	Zumba 11:15-12:00pm Stephanie	Power Yoga* 12:00-1:00 w/Carmen SIGN UP		Power Yoga* 12:00-1:00 w/Naomi SIGN UP	Adv. Sweat Box 11:00-12:00pm KL Brown	Zumba 12:00-1:00 Jessica (Feb 12 th)
Group Power 12:00-12:45pm Amanda	Pilates* 12:00-12:50pm Andree SIGN UP	Abs 12:00-12:15pm Gerry	Yoga* 12:00-1:15pm w/Angelo SIGN UP	Core 12:00-12:15pm Kim	Pilates 12:00-1pm w/Andree SIGN UP	
Yoga 12:00-1:15pm w/Nathan SIGN UP	Core Basics** 12:00-12:30pm John	Cardio Sculpt 12:15-1:00pm w/Gerry SIGN UP	Core 12:00-12:15 Kim	Melt Down 12:15-1:00pm w/Kim SIGN UP		
No Guts, All Glory 1:00-1:45pm w/Ron SIGN UP	Core/R.I.P.P.E.D 12:00-1:00pm w/Corinne SIGN UP	Tabata Boot Camp 1:15-2pm w/Jonathan SIGN UP	Intensity 12:15-1:00pm w/Kim SIGN UP	Combat Conditioning 1:15-2:00pm Ryan		GF Studio 6:00-8:00pm Reserved
Core Basics 5:15-5:45pm Rachel	Rock Bottoms 1:15-2:00pm w/Corinne SIGN UP		Pilates* 1:30-2:20pm w/Andree SIGN UP			
Melt Down 5:45-6:30pm Kim	Abs/Chiseled 5:15-6:30pm w/Katelyn SIGN UP	Abs 5:15-5:30pm Washington		GF Studio 5:45-6:45pm Reserved		
Yoga* 5:45-7:15pm w/Carmen SIGN UP	Yoga* 5:45-6:30pm w/Debbera SIGN UP	Step and Sculpt 5:30-6:30 w/Washington SIGN UP	Core Basics** 5:15-5:45pm Sam			
Kick Boxing 6:30-7:30pm Rania	Tabata Boot Camp 6:30-7:30pm w/Jonathan SIGN UP	Yoga* 5:45-7:15pm w/Carmen SIGN UP	Abs/Chiseled 5:15-6:30pm w/Katelyn SIGN UP			
Sweat Box 7:30-8:30pm KL Brown	Pilates * 7:00-8:00pm w/Dawn SIGN UP	Zumba 6:30-7:30 Lee Anna	Zumba 6:30-7:30 Lee Anna			

*=Mind/Body Studio

**=Lower Level Training Floor

JOIN THE PRU GROUP FITNESS EMAIL LIST!

Email Ryan Masterson at rmasterson@fitcorp.com to receive weekly updates on our class schedule!



Core Camp- A class focusing on strengthening the core with the use of cardio drills, stability balls, Bosu, and other exercises. Modified for all levels.

FitCamp- Work your entire body-- heart and muscles--by going from one exercise to another with no rest! The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. We will also incorporate dumbbells and kettlebells along with a few other surprises! You work, you sweat and, best of all, you burn calories like crazy. Come to work hard and have a blast!

Group Power- This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

Intensity- A non-stop interval training class that will get your heart pumping and take your fitness to another level. This bootcamp styled training class will torch calories and bust through plateaus. Intensity is a great workout that challenges your entire body.

Kick Boxing- A mixture of Kickboxing, Karate, Tai Chi, and Capoeira to the beats of motivating music. The class is designed for men and women of all levels and focuses on toning the core and upper body while burning lots of calories.

Melt Down- Pay for your weekend sins and get rev'd up for the week ahead. In this class we'll do a combination of strength and cardio intervals that will help you melt fat while toning you up at the same time.

Morning Practice - Morning practice is designed for students of all levels. Each class will focus on a unique grouping of postures that will help you build strength, flexibility, and confidence for an intermediate level yoga practice. Breathing exercises and meditation techniques are integrated into every class to center the mind and calm the body.

Pilates- A conditioning program that helps improve muscle control, flexibility, coordination, muscle strength and tone. Pilates exercises target the abdomen, back and buttocks.

Power Yoga- A more vigorous form of yoga geared toward the more experienced Yoga participant. Focuses on strength, stamina, and flexibility.

Rock Bottoms – A sculpting class focusing on primary muscles including abs, glutes, quads, hip flexors and extensors.

R.I.P.P.E.D- Resistance, Intervals, Power, Plyometrics, Endurance, Determination. A non-stop challenge that will get your heart pumping!

Step and Sculpt – A moderate to high intensity class that involves step combinations in addition to using weights, body bars and other props to strengthen and tone all major muscle groups.

Stroller Strides®- A total fitness program that moms can do with their babies by their side. Geared towards any fitness level, it includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Classes will be held both indoors and out, depending on the weather.

Sweat Box – A high-impact fusion of dance, boxing, and kung-fu. Prior Monday class attendance is required to participate in Advanced Sweat Box class.

Tabata Boot Camp-A courageous, daring, and dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest. Intervals to increase athletic performance, boost VO2max and decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

Yoga- A class designed to relieve tension and stress through breathing techniques, stretching, meditation and Yoga body postures

Yoga Slim: An active series of yoga postures that flow together to build strong, lean muscles, improve your flexibility, and make you drip with sweat. This practice will increase your upper-body and lower-body strength, improve your focus and balance, and raise your energy level.

Zumba- Zumba is a unique and exciting high energy aerobics class that incorporates Latin rhythms such as the Salsa and Merengue that will target your glutes, legs, abdominals, and increase your heart rate. Ditch the workout, join the party!