

SMALL GROUP Training

GRIT®

Les Mills GRIT SERIES is high-intensity interval training team workouts that drive you to push hard and get fit superfast. The 30 minutes workouts combine weightlifting, running and plyometrics that increase aerobic capacity, strength, muscular endurance and power.

Duration: 30 mins **Contact:** The Program Desk ext. 233

Booty Barre®

An energetic and fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. No dance experience needed! The Booty Barre® method is the perfect combination of strength and flexibility with added cardio to burn fat fast.

Duration: 1 hr **Contact:** The Program Desk ext. 233

Women on Weights (WOW)

A fitness program designed for results for those who enjoy a social-welcoming, group setting while achieving their fitness goals. WOW groups are comprised of three to four women whom have similar goals in mind; however individuals can join already existent groups at any time!

Duration: 1 hr **Contact:** The Fitness Desk ext. 223

Pilates Reformer

The Pilates Studio at HealthQuest offers Small Group Reformer Pilates Classes as well as Private and Semi-Private Sessions. The Pilates method is a system of exercises developed by Joseph Pilates that strengthens the body without adding bulk. Pilates helps to rebalance the muscles and strengthen the deep abdominal muscles that stabilize and support the spine. Pilates improves posture and reduces joint pain in the low back, neck and shoulders. You leave feeling invigorated and energized!

Duration: 1 hr **Contact:** The Pilates Studio ext. 280



Give the Gift of Fitness!

HealthQuest Fitness Center gift cards are now available and make the perfect gift for the fitness enthusiast in your life. Visit the Fitness Center Desk to purchase today!

CLASSHOPPER

Bootcamp

Bootcamp style: This intense circuit keeps your heart rate up, burns calories, and tones your whole body. You never know what challenge comes next.

SPRINT

Les Mills SPRINT is a 30-minute workout of high intensity, designed using an indoor bike to achieve fast results. The short duration of a Les Mills SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you burn for hours after this High Intensity Interval Training (HIIT) workout.

Synrgy®

Synrgy training is a combination of exercises to hit your entire body in 30 minutes. Test your skills with new equipment. Every day is a new challenge with a Certified Personal Trainer.

TRX®

TRX Suspension Training delivers a fast, effective total-body workout that develops strength, balance, flexibility, and core stability simultaneously.

Tabata

Tabata will give you a full body conditioning in just 30 minutes. Give everything you got for 20 seconds and recover for 10 seconds. Various exercise groups involved.

Did you know ?

Studies have shown that 27 minutes of High Intensity Interval Training (HIIT) 3x/week produces the same anaerobic improvement as 60 minutes of cardio 5x/week!

Benefits of High Intensity Interval Training (HIIT)

- Build lean muscle and train your body to burn fat
- Faster cardio results than with steady state training
- Burn calories for hours after your workout
- Short and intense - all done in 30 minutes
- Build mental toughness, and build it fast!



Small Group TRAINING

SMALL GROUP Training

Small Group Training provides personalized training while enjoying the comfort and comradery of a small group. These offerings run in set sessions using a progression based system.

G GRIT®

bb BOOTY BARRE®

BUILT AROUND YOU

Visit the Fitness Center Desk or Pilates Studio at HealthQuest to form a group or have our staff find a group for you!

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PR PILATES REFORMER

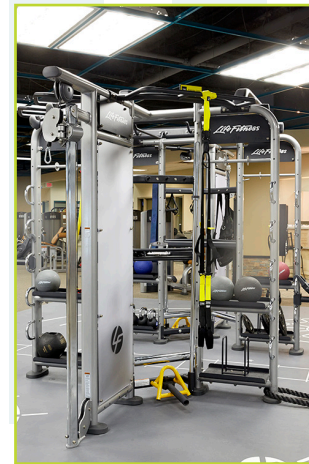
HealthQuest

www.healthquest-fitness.com

(908) 782-4009

CLASSHOPPER Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S SPRINT 5:30am RS	T Tabata 5:45am Ex Rm 1		B Bootcamp 5:45am Ex Rm 2		
S Synrgy® 10:00am FC	T TRX® 9:00am MB Studio		S SPRINT 7:00am RS		
S SPRINT 10:45am RS	S SPRINT 12:00noon RS		T TRX® 9:00am MB Studio	S Synrgy® 9:30am FC	S Synrgy® DEMO 10:30am FC
	S Synrgy® 5:00pm FC		S SPRINT 5:00pm FC		
	T TRX® 5:30pm MB Studio	S SPRINT 4:30pm RS	S SPRINT 5:30pm RS		
	S Synrgy® 7:00pm FC		S Synrgy® 7:00pm FC		
	S SPRINT 7:30pm RS				



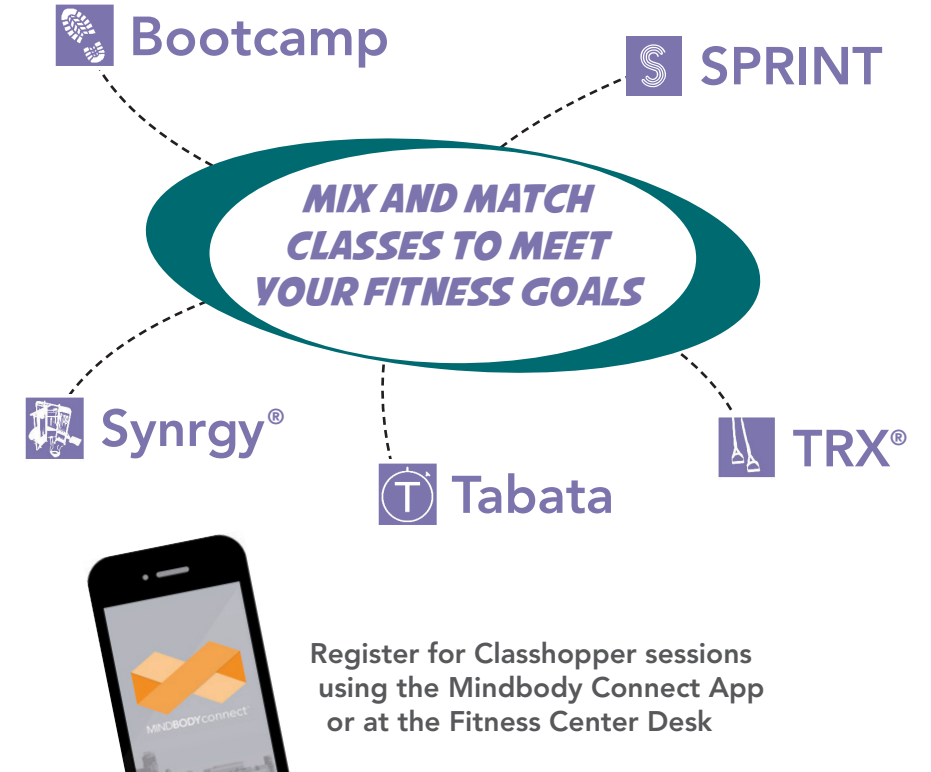
Curious about Small Group Training?

Join us on **Saturdays** at **10:30 am** for a **Synrgy Demo** with a **HealthQuest** certified personal trainer!

Have a team? Ask us about Synrgy Sport!

CLASSHOPPER

This flexible program allows you to mix and match within our Classhopper offerings. Purchase individual classes or a 10-pack and use them how you want, when you want! Earn a free Classhopper session with the purchase of every 10-pack!



Register for Classhopper sessions using the Mindbody Connect App or at the Fitness Center Desk



GRIT



PILATES



Booty Barre®



BOOTCAMP



SYNRGY®



TRX