

All classes are 60 minutes unless noted. Schedule also available at [www.carveyourbody.com](http://www.carveyourbody.com) or Facebook. Contact: Studio @ 201-483-7326 or Bessie @ 201-390-4696

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 am Cardio Bootcamp (45-50 min) w/Jose (bring mat)		6:00 am Cardio Bootcamp (45-50 min) w/Jose (bring mat)	6:00 am Cardio Bootcamp (45-50 min) w/Jose (bring mat)		
8:25 am Interval Training w/Eileen (bring mat)	8:30 am Booty Barre®* w/Evangelina (bring mat – 55 min)	8:25 am (restarts 9/6) Cardio Interval w/Gail (bring mat)	8:25 am Circuit Training w/Lisa Birch (bring mat)	8:25 am Interval Training w/Eileen (bring mat)	8:05 am Fitness Fusion w/Bessie (bring mat – 75 min)	8:30 am (time chg 9/10) H.I.I.T. w/Gail or Sunday (alt inst) (bring mat)
9:30 pm Zumba® w/Jane	9:30 am Dance Cut w/Bessie (bring mat)	9:30 am Zumba® w/Janice	9:30 am Zumba® w/Evangelina	9:30 am Zumba® w/Ajel	9:30 am Zumba® w/Nick	9:45 am (time chg 9/10) Zumba® w/Alvaro
10:40 am Cardio Sculpt (Beginner/Intermediate) w/Gail	10:35 am Zumba® w/Evangelina	10:40 am Cardio Sculpt (Beginner/Intermediate) w/Kelly	10:40 am (restarts 9/14) Fitness Training w/Sunday	10:40 am Cardio Sculpt (Beginner/Interm) w/Kelly	10:35 am Zumba® w/Francesca	11:00 am (time chg 9/10) Interval Training w/Eileen (bring mat)
					11:40 am Zumba® Gold w/Lisa Salerno	
12:30 pm Fitness Training w/Bessie (bring mat – 45 min)		12:30 pm Fitness Training w/Bessie (bring mat – 45 min)		12:30 pm Fitness Training w/Bessie (bring mat – 45 min)		
5:25 pm Cardio Bootcamp w/Jose (bring mat)	5:30 pm Zumba® w/Jane	5:30 pm Zumba® w/Bessie	5:25 pm Interval Cardio Kickbox w/Kim (bring mat)			Note: For classes that indicate mat, you can bring your own mat or borrow.
6:30 pm Stronger w/Bessie (bring mat)	6:35 pm Cardio Bootcamp w/Sunday (bring mat)	6:30 pm Fitness Training w/Bessie (bring mat – 60 min)	6:30 pm Butt & Gutt w/Bessie (bring mat)		<b>Carve Your Body Emerson Shopping Plaza 489 Old Hook Road Lower Level Emerson, NJ 07630 201-483-7326 www.carveyourbody.com</b>	<b>Please note any recent changes are marked in RED on website schedule link.</b>
7:35 pm Zumba® w/Nick (restarts 9/11)	7:40 pm Zumba® w/Mima		7:35 pm Zumba® w/Ajel (inst chg 8/24)			

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

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

**ZUMBA® w/ AJEL, ALVARO, ANGELICA, BESSIE, EVANGELINA, FRANCESCA, JANE, KELLY, MIMA, NICK:** Latin dance rhythms based on cardio interval training that maximizes fat burning & total body toning. Combines high energy & motivating music.

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

**BOOTY BARRE® w/ EVANGELINA:** A sexy, energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. The Booty Barre® method is the perfect combination of strength and flexibility with added cardio to burn fat fast. **Please bring mat or borrow.**

**BUTT & GUTT w/ BESSIE:** An accelerated and targeted hips/buns/thighs & abs toning workout utilizing standing & floor exercises, stability ball, dumbbells, resistance bands & abdominal exercises. Nothing but core! **Please bring mat or borrow.**

**CARDIO BOOTCAMP w/ EILEEN, JOSE, SUNDAY:** Cardio and strength class will keep you moving military style. Incorporating cardio, step, plyometrics, drills, weight training, athletic movements and core training. Burn calories, build strength, increase stamina and challenge your mental toughness. A full body workout. For all levels. **Please bring mat or borrow.**

**CARDIO INTERVAL w/ GAIL:** Cardio conditioning and strength training intervals. Learn how to safely increase your cardiovascular potential with low-impact to high-impact options to satisfy the advanced conditioned athlete to the beginner participant. Class is suitable for ALL levels.

**CARDIO SCULPT w/ GAIL, KELLY:** Intervals of cardio & strength training exercises. Cardio may include low-impact aerobics or other dance routines. Class will sculpt & tone muscles including core, increase bone density, improve flexibility & promote overall wellness. For all levels: beginners, intermediates and advanced. Equipment: dumbbells, stability ball.

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

**DANCE CUT w/ BESSIE:** Dance cardio fitness class based on international rhythms with intervals of strength and core training designed to 'cut' and 'carve your body.' Chisel long & lean muscles with core development a top priority! *(Note: no kickboxing in this class.)* Possible equipment: dumbbells, stability ball, own body weight, floor work. **Please bring mat or borrow.**

**FITNESS FUSION w/ BESSIE:** Intervals of cardio & circuit strength training exercises. Cardio may include Zumba®, cardio kickbox and drills. Builds cardiovascular endurance, increases overall muscular strength, core development & improves balance. Tabata training used at times. Possible equipment: dumbbells, bands, stability ball, own bodyweight, floor work. **Please bring mat or borrow.** *Saturday: 75 min*

**FITNESS TRAINING w/ BESSIE, SUNDAY:** Varied resistance training program in small group training environment. Define and shape muscles using strategic training methods assured of results with focus on muscular strength, muscular endurance & core conditioning. Full body workout and varied every time. **No cardio.** For all levels. **Please bring mat or borrow.** *45 minutes*

**H.I.I.T. w/ GAIL, SUNDAY:** High Intensity Interval Training is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance. Modifications will be provided. **Please bring mat or borrow.** *Class on Sundays: 55 minutes*

**INTERVAL CARDIO KICKBOX w/ KIM:** Intervals of cardio kickbox routines incorporating boxing, punches & kicks along with strength training exercises. Class will develop endurance & strength of the entire body. Tabata training used at times. **Please bring mat or borrow.**

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

**STRONGER w/ BESSIE:** Class combines high intensity interval training (HIIT) with the science of Synced Music Motivation for a unique workout experience. Class will include resistance training via dumbbells, body weighted training and floor work with emphasis on core. Students will move in sync with music that's been crafted to motivate and push them beyond their limits to see results faster.

(turn over for weekly class schedule)