

MON

SPIN 45•

6:15am / Kevin W.
45 min / S

BASE BEAST•

7am / Ashley N.
BC

POWER FLOW YOGA

12pm / Jeff S.
MB

ZUMBA (NEW TIME)

12pm / Jeannine S.
45 min / X

SUPER SCULPT

1pm / Susan D.
45 min / X

FIGHT NIGHT•

6pm / Jeff H.
BC

RIPPED RIDE•

6pm / Kara H.
45 min / S

POWER FLOW YOGA

6:30pm / Troy R.
MB

BOOTY CAMP•

7pm / Kara H.
45 min / X

SPIN 45•

7pm / Dominic M.
45 min / S

VINYASA YOGA (OPEN)

7:30pm / Troy R.
MB

BURN•

8pm / Kara H.
BC

VIXEN

8pm / Vanessa A.
X

SPIN 45 (NEW)•

8pm / Dominic M.
45 min / S

TUES

SPIN 45•

6:15am / Kevin W.
45 min / S

VINYASA YOGA

6:15am / Troy R.
MB

POWER FLOW YOGA

9:30am / Jeff S.
MB

SPIN EXPRESS

12pm / Kara H.
45 min / S

BURN

1pm / Kara H.
45 min / X

BODY BLITZ•

6pm / Bradley R.
45 min / X

RIPPED RIDE•

6pm / Monica G.
45 min / S

VINYASA FLOW

7pm / Jane B.
MB

SPIN ADDICT•

7pm / Jolene M.
45 min / S

EVOLUTION

7pm / Paul V.
X

BOOTY BARRE•

8pm / Bianca R.
X

WEDS

SPIN 45•

6:15am / Kara H.
45 min / S

BORN TO RUN•

7:05am / Kara H.
45 min / Treads

POWER SPIN

9:30am / Robert E.
S

RESTORATIVE YOGA

9:30am / Oneika M.
MB

SUPER SCULPT

1pm / Susan D.
45 min / X

FIGHT NIGHT•

6pm / Jeff H.
BC

BOOTY CAMP•

6pm / Kara H.
45 min / X

POWERFLOW YOGA

(NEW)
6:30pm / Devyn.
MB

TABATA•

7pm / Emily V.
X

SPIN•

7pm / Kara H.
45 min / S

#ABS•

7:45pm / Kara H.
20 min / MB

HIP HOP

8pm / Lynn H.
X

BASE BEAST (NEW)

BEGINS JUNE 7TH

8pm / Monica
BC

THURS

SPIN 45•

6:15am / Dominic M.
45 min / S

POWER SCULPT

6:15am / Emily V.
45 min / X

POWER FLOW YOGA

12pm / Jeff S.
MB

SPIN PHYSIQUE

12pm / Emily V.
S/X

HARD BODIES

6:30pm / Robert E.
45 min / X

POWER SPIN•

7:15pm / Robert E.
45 min / S

VINYASA (OPEN)

7:15pm / Oneika M.
MB

ZUMBA•

8pm / Roxie G.
X

FRI

SPIN 45•

6:15am / Kevin W.
45 min / S

SHRED•

7am / Jessica
BC

VINYASA YOGA

9:30am / Troy R.
MB

SPIN

9:30am / Dominic M.
S

ZUMBA (NEW TIME)

12pm / Jeannine S.
45 min / X

BARRE BURN

1pm / Carrie J.
X

#ABS•

5:30pm / Monica G.
20 min / MB

RIPPED RIDE•

6pm / Monica G.
45 min / S

PIYO (NEW TIME)

6:15pm / Cait R.
X

BASE BEAST•

7pm / Ashley N.
BC

SAT

SPIN•

8:30am / Dawn L.
S

HARD BODIES•

9:30am / Robert E.
X

SLO FLO & LET GO

9:30am / Dawn
75 min / MB

SPIN EXPRESS•

9:30am / Kevin W.
45 min / S

BASECAMP•

10:00am / James A.
BC

POWER SPIN•

10:45am / Robert E.
S

ZUMBA•

10:45am / Roxie
X

BASE BEAST•

11:15am / Ashley N.
BC

BOOTY BARRE

11:45am / Bianca R.
X

BASE BEAST•

12:30pm / Ashley N.
BC

SUN

VINYASA YOGA

(NEW TIME)

8:45am / Gilli A.
MB

SPIN ADDICT•

9am / Jolene M.
45 min / S

HARD BODIES•

9:30am / Robert E.
X

PIYO

10am / Cait R.
50 min / MB

ZUMBA

10:30am / Jennifer Q.
X

VINYASA YOGA

11am / Daba B.
MB

POWER SPIN•

11am / Robert E.
45 min / S

RESTORATIVE YOGA

4:30pm / Daba B.
MB

MEDITATION

5:45pm / Daba B.
30 min / MB



GROUP FITNESS CLASS SCHEDULE

Class times are 60 min unless otherwise noted.

“•” marked titles require online enrollment prior to class.

S: Spin Studio

MB: Mind Body Studio

BC: Base Camp

X: Base X Main Studio

Comments: Kara@BaseNJ.com

Cardio & Sculpting

#Abs: An express class packed with plenty of moves to strengthen abs and lower back.

Base Beast: With a mixture of barbell, kettlebell, and bodyweight training, this class uses the classic supersets done at high intensity to drive results for muscle gain, **fat loss and increased cardiovascular efficiency.**

BaseCAMP: An hour long HIIT class focusing on good movement patterns. A combination of strength and metabolic exercises to increase lean muscle mass, improve aerobic capacity, improve mobility, and burn fat within a fun and safe workout environment.

Body Blitz: Body Blitz starts with a short yoga flow to prepare the body and mind for 45 minutes of HIIT training. Combining body weight movements with free weight exercises, this is the ultimate toning and strengthening class for those looking to increase lean muscle mass, burn fat, improve endurance ability... and have fun.

Booty Barre: A total body sculpting class that targets each muscle group to completely transform your body. Small, intense targeted movements using light weights, overload the muscles to the point of fatigue.

BootyCamp: This is an ass kicking workout to the booty into shape! With a mix of cardio, strength and toning. There is a focus on abs and arms too!

Born to Run: Baby you were born to Run! This 45 minute class will be Intervals on the Treadmill with running, sprints, inclines and rest periods. Then you will hit the ground running with a total body workout and abs focus. Lace up for a good time!

Burn: No muscle left behind! HIIT, Tabata, strength, cardio and circuit training. Come ready to get stronger and sculpt all muscle groups.

Evolution: An intense circuit-based workout designed to work every muscle in the body, but focusing mostly on the heart.

Fight Night: Train like the pros! Learn the fundamentals of boxing while getting a heart pumping workout with kettlebells, plyometrics and bodyweight. Interval driven guaranteed to get you into fighting shape.

Hard Bodies: Total body conditioning using weights, steps and body weight. You will build strength and endurance. All levels.

Hip-Hop: A cardio dance class, infusing all genres. Taught by Jersey City's own ChicPEA!

Power Sculpt: High Intensity Interval Training is one of the best methods for burning fat. The total body circuit-style class uses specific work to rest ratios to maximize fat burning and push your cardiovascular threshold. For all fitness levels!

Ripped Ride: Cycle with a twist. Come for a fun, upbeat, challenging ride- take it to the next level with some heart pumping beats, and upper body focus through the use of light weights and high repetition. Hills, sprints, jumps, climbs- all levels welcome.

Shred: This circuit style HIIT class is designed to tone and sculpt your full body while incorporating blasts of high intensity cardio to get you strong and shredded. Shred combined weights, bodyweight movements, core work, and blasts of HIIT cardio to train inner and outer muscles to achieve the lean shredded look while increasing your strength too.

Spin: A great cardio workout done on a specialized stationary bike. All levels.

Spin Addict: Some addictions can be good! A spin format that will release feel good endorphins while pushing your body to the max! Hard climbs, strong flats and dynamic jumps-You will be addicted to the results!

Spin Physique: This is a 60-minute class broken into two parts. We begin with 30-40 minutes of cardiovascular training on the Spinning bike and then move to some total body conditioning. The boot camp section of the class changes so you might see circuit training, Tabata style, HIIT and more! This is a great full-body conditioning class that works on both cardio vascular and muscular endurance!

Super Sculpt: Total body conditioning, using body bands and weights to tone and strengthen all muscle groups! All levels.

Tabata: Short bursts of High Intensity exercises followed by short bursts of rest repeating for several rounds. Tabata training will raise your metabolism and heart rate immediately. Since you are performing these exercises at a very high intensity, your body will have to work much harder to keep up.

Vixen: A dance fitness program using choreography from all genres of commercial dance, including hip hop, house, jazz funk and street styles. The concept is made to empower women and make you feel larger than life. Choreography is inspired from trending performances by your favorite artists.

Zumba: A fusion of Latin and international music dance themes creating dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. All levels.

Mind & Body

Meditation: Meditation can be beneficial no matter when you choose to do it. Set the tone for the day or week with guided intention and focus. Become aware of your surroundings, your goals, your body and begin to live in the present. We will explore gentle breathing techniques and meditations that are guided and silent. So come sit still and let your mind rise.

Power Flow Yoga: A conscious flowing sequence of asanas (postures) linked by breath and intention. Integrating the physical (body) psychological (mind) and spiritual heart (soul), leading to the ultimate goal of liberation.

PiYo: A music-driven athletic workout inspired by Pilates and Yoga. It includes flexibility training, strength training, conditioning and dynamic movement. PiYo is a workout everyone can enjoy because it offers modifications and progressions for all fitness levels. Each class focuses on flow and fusion.

Restorative Yoga: A unique class combining the best of both yoga and stretching, to relax, invigorate and rejuvenate the mind/body. All levels.

Slo Flo & Let Go: Moving with the breath and mindful awareness through sun salutations and basic postures, slow flow vinyasa is a gentle practice emphasizing strength, flexibility and alignment. Every class ends with aromatherapy and a 10 minute guided meditation in Savasana. Like a moving meditation, this class will help quiet the mind and leave you feeling calm, balanced and rejuvenated.

Vinyasa Yoga: A challenging, vigorous practice, focusing on synchronization of breath with continuous flow of movement. Builds heat, endurance, flexibility, strength & mental focus, while incorporating uplifting music. All levels.

Class Policies

For your Safety & Consideration of others.

1. Online Enrollment is available where indicated. Enrollment opens 24 hours before class begins and closes 1 hour before class begins or when class is full.

2. Should you need to cancel your reservation, you **MUST** cancel via your online Base Account no later than 1 hour before class begins. **Not canceling and not showing up will result in a \$5.00 NO SHOW FEE.** You are required to arrive at least 5 minutes before start time to avoid forfeiting your spot to a member on the waitlist.

3. When arriving at Base, members **MUST** check in at the front desk by:
A) Scanning their Base keycard, and
B) Highlighting their name on the class registration form.

4. Reception desk will have a waitlist ready once a class is full. Open spots will be given just before the start of class.

5. Please mention any physical limitations to the instructor prior to the start of class.

6. Class is closed 10 minutes after start time. Please do not ask to be the exception.

7. When entering a class late, please begin in the back of class.

8. If you will be leaving class early, please exit as quietly as possible.

9. If you must bring a cell phone, please silence the ringer.

10. Hygiene is a must. Using deodorant prior to coming will help everyone around you have a better experience.