

**MONDAY**

6:15 AM (MB) 45  
PILATES PULSE \*  
W/ JAIMEE

7:00 AM (X) 45  
RESISTANCE  
RELOADED \*  
W/ LISA

12:00 PM (X) 45  
COMPETE ELITE \*  
W/ JAIMEE

12:00 PM (MB) 60  
POWERFLOW  
YOGA \*  
W/ MELISSA

5:45 PM (MB) 45  
SUSPEND &  
SCULPT \*  
W/ LISA

6:00 PM (X) 45  
MUSCLE DRIP \*  
W/ DIANA

6:45 PM (X) 60  
RECOVERY &  
MOBILITY \*  
W/ RODOLFO

7:00 PM (X) 45  
DEFINE \*  
W/ DIANA

8:00 PM (MB) 60  
FLOW \*  
W/ DABA

**TUESDAY**

7:15 AM (MB) 45  
PILATES FUSION \*  
W/ WILL

12:00 PM (X) 45  
DEFINE \*  
W/ SUSAN

5:00 PM (MB) 45  
PILATES FUSION \*  
W/ MANDY

6:00 PM (MB) 45  
PILATES PULSE \*  
W/ MANDY

6:00 PM (X) 45  
MUSCLE DRIP \*  
W/ HALEY M.

7:00 PM (X) 45  
CORE & MORE \*  
W/ MANDY

7:30 PM (MB) 60  
DYNAMIC STRENGTH  
FLOW \*  
W/ STEVEN

8:00 PM (X) 60  
ZUMBA \*  
W/ ODRIS

**WEDNESDAY**

6:15 AM (MB) 45  
PILATES FUSION \*  
W/ KAT

7:30 AM (X) 60  
COMPETE ELITE \*  
W/ SAM

7:30 AM (MB) 60  
ENERGY FLOW  
YOGA \*  
W/ GABBY

12:00 PM (X) 45  
DEFINE \*  
W/ CAIT

1:00 PM (MB) 60  
RECOVERY &  
MOBILITY \*  
W/ CAIT

6:00 PM (X) 60  
HUSTLE \*  
W/ SAM

6:00 PM (MB) 60  
PILATES PULSE \*  
W/ KAT

7:15 PM (X) 60  
RESISTANCE  
RELOADED \*  
W/ DIANA

7:15 PM (MB) 60  
POWERFLOW YOGA \*  
W/ IULIA

**THURSDAY**

6:15 AM (X) 45  
RESISTANCE  
RELOADED \*  
W/ HALEY M.

7:30 AM (MB) 60  
POWERFLOW  
YOGA \*  
W/ IULIA

12:00 PM (X) 60  
HUSTLE \*  
W/ JAIMEE

6:00 PM (X) 45  
MUSCLE DRIP \*  
W/ ODRIS

6:00 PM (MB) 60  
ALIGNMENT  
STRENGTH FLOW \*  
W/ STEVEN

7:00 PM (X) 60  
ZUMBA \*  
W/ ODRIS

7:15 PM (MB) 60  
DYNAMIC STRENGTH  
FLOW \*  
W/ STEVEN

**FRIDAY**

7:30 AM (MB) 45  
PILATES PULSE \*  
W/ WILL

8:30 AM (MB) 60  
POWERFLOW  
YOGA \*  
W/ MELISSA

12:00 PM (X) 60  
HUSTLE \*  
W/ SAM

1:00 PM (MB) 45  
SUSPEND &  
SCULPT \*  
W/ MANDY

6:00 PM (X) 45  
COMPETE ELITE \*  
W/ EBAI

6:30 PM (MB) 60  
VINYASA YOGA \*  
W/ DABA

**SATURDAY**

9:00 AM (X) 45  
CORE & MORE \*  
W/ LISA

9:00 AM (MB) 45  
PILATES FUSION \*  
W/ WILL

10:00 AM (X) 45  
BEAST TRAINING  
CAMP \*  
W/ LISA

10:00 AM (MB) 60  
ALIGNMENT  
STRENGTH FLOW \*  
W/ STEVEN

11:00 AM (X) 45  
RESISTANCE  
RELOADED \*  
W/ JAIMEE

11:30 AM (MB) 60  
POWERFLOW  
YOGA \*  
W/ MELISSA

**SUNDAY**

9:00 AM (X) 45  
PILATES FUSION \*  
W/ MARIA

9:00 AM (MB) 60  
ENERGY FLOW  
YOGA \*  
W/ GABBY

9:15 AM (BC) 60  
BEAST TRAINING  
CAMP \*  
W/ SAM

10:30 AM (BC) 60  
BEAST TRAINING  
CAMP \*  
W/ SAM \*

10:30 AM (X) 60  
ZUMBA \*  
W/ ODRIS

11:30 AM (MB) 60  
RECOVERY &  
MOBILITY \*  
W/ RODOLFO

2:00 PM (MB) 60  
VINYASA YOGA \*  
W/ JAMES

SIGN-UP ON THE APP STARTING 24-HOURS PRIOR  
BC - BASECAMP STUDIO  
MB - MIND & BODY STUDIO  
X - MAIN STUDIO

DANCE CLASSES \*  
STRENGTH CLASSES \*  
MIND/BODY CLASSES \*  
STRENGTH CONDITIONING/HIIT CLASSES\*

**MARCH GROUP FITNESS SCHEDULE**

**Base**  
Build a better you.

## CLASS POLICIES / ETIQUETTE

- **SIGN-UP** FOR CLASSES ON THE APP (BASE NJ) OR ON OUR WEBSITE UNDER THE MEMBER TAB. REGISTRATION STARTS 24-HOURS PRIOR.

- **CAN'T MAKE CLASS?** CANCEL YOUR RESERVATION UP TO 1 HOUR PRIOR ON THE APP/ONLINE OR CALL US. SPOTS ARE LIMITED, BE RESPECTFUL OF OTHER MEMBERS.

- **ARRIVE** AT LEAST 5 MINUTES BEFORE CLASS OR YOU MAY FORFEIT YOUR SPOT TO SOMEONE ELSE.

- **BE ON TIME:** IF YOU ARE MORE THAN 5 MIN LATE, WE WILL ASK THAT YOU DO NOT ENTER AS THE WARM-UP HAS ALREADY OCCURRED.

- **PHONES** SHOULD BE TURNED OFF/SILENCED WHILE IN CLASS.

- **BE MINDFUL** OF YOUR PERSONAL HYGIENE WHEN ATTENDING A CLASS.

- **AFTER CLASS:** SANITIZE AND RETURN MATS/EQUIPMENT.

FOR ANY QUESTIONS,  
CONTACT OUR DIRECTOR OF  
GROUP FITNESS AT  
JAIMEE@BASENJ.COM

### STRENGTH CLASSES:

**DEFINE:** THIS CLASS IS ALL ABOUT MASTERING THE FUNDAMENTALS OF STRENGTH TRAINING WHILE IMPROVING HOW YOU MOVE! WE'LL HELP YOU BUILD A STRONGER MIND-BODY CONNECTION, BOOST YOUR CORE STRENGTH, BALANCE, AND SYMMETRY AND LEAVE YOU FEELING POWERFUL AND ENERGIZED.

**CORE & MORE:** YOU WILL BUILD STRENGTH IN YOUR THE CORE AND GLUTES! WHETHER YOU'RE NEW TO FITNESS OR A SEASONED PRO, THIS CLASS WILL TEACH YOU THE FUNDAMENTALS OF STRENGTH AND STABILITY, SETTING YOU UP FOR SUCCESS IN EVERY WORKOUT. GET READY TO FEEL STRONGER, MORE CONNECTED, AND TOTALLY EMPOWERED!

**PILATES FUSION:** YOU WILL MOVE, GROOVE, AND GET STRONGER IN THIS FULL-BODY WORKOUT! WE'RE COMBINING PILATES WITH FUNCTIONAL TRAINING, AND WITH THE BEAT OF THE MUSIC DRIVING YOU FORWARD, YOU'LL BUILD STRENGTH, FLEXIBILITY, AND CONFIDENCE. THIS IS A FEEL-GOOD CLASS THAT'S ALL ABOUT MOVING BETTER AND FEELING GREAT.

**PILATES PULSE:** GET READY FOR A HIGH-ENERGY PILATES CLASS THAT BOOSTS CORE STRENGTH, FLEXIBILITY, AND ENDURANCE! WITH RHYTHMIC, CONTROLLED MOVEMENTS, YOU'LL TONE MUSCLES, IMPROVE POSTURE, AND HAVE FUN WHILE CHALLENGING YOUR BODY.

**RESISTANCE RELOADED:** LEVEL UP YOUR STRENGTH IN THIS HIGH-ENERGY CLASS FOR ALL FITNESS LEVELS! USE BARBELLS, KETTLEBELLS, AND DUMBBELLS TO BOOST POWER, ENDURANCE, AND INTENSITY. YOUR GOAL: COMPLETE AS MANY ROUNDS AS POSSIBLE AND SEE REAL RESULTS. LET'S CRUSH IT!

**SUSPEND & SCULPT:** A FULL BODY WORKOUT THAT WILL MAKE YOU APPRECIATE THE POWER OF TRAINING WITH YOUR OWN BODYWEIGHT AS RESISTANCE. YOU WILL MOVE THROUGH DYNAMIC CIRCUITS THAT HELP IMPROVE YOUR STRENGTH, MOBILITY, AND TECHNIQUE BY FINE TUNING FOUNDATIONAL MOVEMENTS WITH TRX AND MAT-BASED EXERCISES.

### STRENGTH CONDITIONING/HIIT CLASSES:

**BEAST TRAINING CAMP:** THIS ADVANCED STRENGTH CLASS WILL PUSH YOUR LIMITS WITH HIGH-INTENSITY STATIONS THAT FIRE UP MUSCLES AND BOOST YOUR CARDIO. GET READY TO SWEAT, BURN, AND TAKE YOUR FITNESS TO THE NEXT LEVEL!

**COMPETE ELITE:** THE ULTIMATE BASE HIIT CHALLENGE IS HERE! PUSH YOUR LIMITS WITH A NEW EXERCISE EVERY MINUTE AND MAX OUT YOUR REPS BEFORE THE CLOCK RESETS. EACH ROUND BOOSTS ENDURANCE AND EXPLOSIVE POWER, KEEPING YOUR HEART RATE HIGH AND YOUR MOTIVATION EVEN HIGHER. FAST, FIERCE, AND GUARANTEED TO CRUSH YOUR FITNESS GOALS!

**HUSTLE:** THIS CIRCUIT STYLE WORKOUT IS DESIGNED TO BOOST BOTH YOUR AEROBIC AND ANAEROBIC CAPACITY, BUILD MUSCULAR ENDURANCE, AND INCREASE YOUR OVERALL RESILIENCE. WITH EVERY STATION, YOU'LL BE PUSHING YOUR LIMITS, BUILDING STRENGTH, AND CONDITIONING YOUR BODY FOR WHATEVER COMES NEXT. ARE YOU READY TO HUSTLE?

**MUSCLE DRIP:** A FULL-BODY BLAST THAT MIXES FUNCTIONAL RESISTANCE TRAINING WITH EXPLOSIVE HIGH-INTENSITY CARDIO BURSTS! THIS HIIT-STYLE CLASS KEEPS YOU MOVING AT FULL SPEED WITH LITTLE DOWNTIME, MAKING SURE YOUR HEART RATE STAYS HIGH AND THE SWEAT KEEPS DRIPPING. NO SLOWING DOWN HERE JUST NONSTOP ACTION AND RESULTS!

### MIND/BODY CLASSES:

**ALIGNMENT STRENGTH FLOW:** THIS STRENGTH-BASED VINYASA FLOW CLASS FOCUSES ON ALIGNMENT, FORM, AND FUNCTION TO HELP YOU BUILD A SAFE AND STRONG PRACTICE. WHETHER YOU'RE A BEGINNER OR SEASONED YOGI, WE'LL GUIDE YOU THROUGH FLUID MOVEMENTS DESIGNED TO ENHANCE STRENGTH, STABILITY, AND FLEXIBILITY.

**DYNAMIC STRENGTH FLOW:** THIS MOVEMENT-BASED VINYASA FLOW CLASS OFFERS A CREATIVE AND CHALLENGING PRACTICE DESIGNED TO BUILD HEAT AND STRENGTH. WITH A FASTER PACE, IT ENCOURAGES YOU TO PUSH YOUR LIMITS WHILE FLOWING THROUGH INNOVATIVE SEQUENCES THAT TEST YOUR ENDURANCE AND FLEXIBILITY.

**ENERGY FLOW YOGA:** IN THIS CLASS, YOU'LL FLOW NON-STOP THROUGH DYNAMIC AND ENERGIZING SEQUENCES, LINKING BREATH WITH MOVEMENT TO BUILD STRENGTH, INCREASE FLEXIBILITY, AND IMPROVE MOBILITY. EVERY MOVEMENT IS INTENTIONALLY DESIGNED TO LEAVE YOU FEELING ALIGNED.

**FLOW:** A DYNAMIC YOGA PRACTICE COMBINING ENERGIZING MOVEMENT, BREATHWORK, AND ALIGNMENT. APPROPRIATE FOR ALL LEVELS, AGES, AND CONDITIONS.

**POWERFLOW YOGA:** THIS CLASS IS A FLOW THROUGH A MID-INTENSITY SEQUENCE THAT MOVES YOU SMOOTHLY FROM SUN SALUTATIONS ALL THE WAY TO A FINAL PEAK POSE. WITH A FOCUS ON BREATHWORK, YOU'LL FEEL CHALLENGED AND BALANCED AS YOU FLOW THROUGH EACH MOVEMENT. BY THE END OF CLASS, YOU'LL BE FEELING STRONG, CENTERED, AND READY TO TAKE ON ANYTHING!

**RECOVERY & MOBILITY:** THIS CLASS IS ALL ABOUT RESTORING YOUR BODY, RELIEVING STIFFNESS, AND PREVENTING INJURIES SO YOU CAN FEEL YOUR BEST! YOU'LL DISCOVER THE AREAS THAT NEED A LITTLE EXTRA TLC AND GIVE THEM THE ATTENTION THEY DESERVE. THROUGH LOW-INTENSITY MOVEMENTS, YOU'LL BOOST CIRCULATION, IMPROVE YOUR RANGE OF MOTION, AND LEAVE FEELING REFRESHED.

**VINYASA YOGA:** THIS HIGH-ENERGY PRACTICE THAT WILL HAVE YOU SYNCING YOUR BREATH WITH A NON-STOP FLOW OF MOVEMENT. THIS CLASS BUILDS HEAT, ENDURANCE, FLEXIBILITY, AND STRENGTH BOTH PHYSICAL AND MENTAL WHILE KEEPING YOU FOCUSED AND ENERGIZED.

### DANCE CLASSES:

**ZUMBA:** AN ENERGIZING DANCE FITNESS CLASS FEATURING LATIN AND INTERNATIONAL MUSIC. THE ROUTINES FEATURE AEROBIC/FITNESS INTERVAL TRAINING WITH A COMBINATION OF FAST AND SLOW RHYTHMS TO TONE AND SCULPT THE BODY.