

**MONDAY**

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

9:00 AM (MB) 45  
PILATES FUSION \*  
W/ AUTUMN  
**NEW CLASS**

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

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/ SAM

7:00 PM (MB) 45  
RECOVERY &  
MOBILITY \*  
W/ JAMES  
**NEW TIME**

7:00 PM (X) 60  
DEFINE \*  
W/ DIANA

8:00 PM (MB) 60  
VINYASA YOGA \*  
W/ DABA  
**NEW CLASS**

**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 FUSION \*  
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/ DIANA

6:00 PM (MB) 45  
PILATES FUSION \*  
W/ KAT

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

7:30 PM (MB) 60  
STRETCH & FLOW \*  
W/ RIA  
**NEW CLASS**

**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/ HALEY

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 FUSION \*  
W/ WILL

9:00 AM (MB) 60  
POWERFLOW  
YOGA \*  
W/ MELISSA  
**NEW TIME \***

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

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

6:15 PM (X) 45  
COMPETE ELITE \*  
W/ KAREN

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/ LISA

11:15 AM (MB) 60  
POWERFLOW  
YOGA \*  
W/ MELISSA

**SUNDAY**

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

9:00 AM (X) 60  
BEAST TRAINING  
CAMP \*  
W/ SAM  
**NEW TIME & STUDIO**

10:30 AM (MB) 45  
PILATES FUSION \*  
W/ AUTUMN  
**NEW TIME & STUDIO**

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

12:00 PM (X) 60  
BEAST TRAINING  
CAMP \*  
W/ SAM \*  
**NEW TIME & STUDIO**

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

4:30 PM (MB) 60  
STRETCH & FLOW \*  
W/ RIA  
**NEW CLASS**

# MAY SCHEDULE

SIGN-UP ON THE APP STARTING 25-HOURS PRIOR  
MB - MIND & BODY STUDIO  
X - MAIN STUDIO

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



# 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 25-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 OR COMMENTS, CONTACT  
INFO@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.

**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.

**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.

**STRETCH & FLOW:** BREATHE, MOVE, AND UNWIND. A FEEL-GOOD YOGA CLASS THAT BLENDS MINDFUL MOVEMENT WITH DEEP, INTENTIONAL STRETCHING. FLOW AT A MODERATE PACE THROUGH STRENGTH-BUILDING POSES AND RECOVERY-DRIVEN TRANSITIONS DESIGNED TO RELEASE TENSION, IMPROVE FLEXIBILITY, AND HELP YOU RESET—ON AND OFF THE MAT. IT'S THE PERFECT WAY TO COMPLEMENT YOUR TRAINING AND RECOVER FROM TOUGH WORKOUTS.

**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.