OCTOBER 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*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM (MB) 45 POWER SCULPT * W/ ERICA	7:00 AM (X) 45 BOOTY SCULPT * W/ HALEY	6:30 AM (MB) 45 POWER SCULPT * W/ ERICA	8:00 AM (MB) 60 VINYASA YOGA * W/ GIANNA	6:30 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (X) 45 BOOTY SCULPT * W/ LISA	9:00 AM (MB) 60 ENERGY FLOW YOGA * W/ GABY
12:00 PM (X) 60 COMPETE ELITE * W/ EBAI	7:15 AM (MB) 45 PILATES FUSION * W/ LYDIA	7:00 AM (X) 45 COMPETE ELITE * W/ SAM	12:00 PM (X) 45 DEFINE * W/ ERICA	7:30 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (X) 60 HUSTLE * W/ SAM
1:00 PM (MB) 45 PILATES FUSION * W/ ERICA	12:00 PM (X) 45 DEFINE * W/ SUSAN	7:30 AM (MB) 60 ENERGY FLOW YOGA * W/ GABY	1:00 PM (MB) 45 PILATES FUSION * W/ LYDIA	12:00 PM (X) 60 BEAST TRAINING CAMP * W/ SAM	10:00 AM (X) 45 BEAST TRAINING CAMP * W/ LISA	10:30 AM (MB) 60 RECOVERY MOBILITY * W/ OLIVIA
5:45 PM (MB) 45 SUSPEND & SCULPT * W/ LISA	5:00 PM (MB) 45 PILATES FUSION * W/ MANDY	12:00 PM (X) 45 MUSCLE DRIP * W/ ERICA	6:00 PM (X) 45 PILATES PUMP * W/ GILLIAN	12:00 PM (MB) 45 PILATES FUSION * W/ ERICA	10:00 AM (MB) 60 ALIGNMENT STRENGTH FLOW * W/ STEVEN	10:30 AM (X) 60 ZUMBA * W/ ODRIS
6:00 PM (X) 45 MUSCLE DRIP * W/ DIANA	6:00 PM (MB) 45 PILATES FUSION * W/ MANDY	5:00 PM (MB) 45 POWERFLOW YOGA * W/ MELISSA	6:00 PM (MB) 60 ALIGNMENT STRENGTH FLOW * W/ STEVEN	6:00 PM (MB) 60 PILATES FUSION * W/ ERICA	11:00 AM (X) 45 SHRED * W/ EBAI	12:00 PM (MB) 45 POWER SCULPT * W/ GILLIAN
7:00 PM (MB) 45 RECOVERY & MOBILITY * W/ JAMES	6:00 PM (X) 45 MUSCLE DRIP * W/ SAM	6:15 PM (MB) 60 PILATES FUSION * * W/ KAT	7:00 PM (X) 60 ZUMBA * W/ ODRIS	6:15 PM (X) 45 COMPETE ELITE * W/ KAREN	11:30 AM (MB) 60 MIND BODY SOUND * W/ KAREEM	2:00 PM (MB) 60 VINYASA YOGA * W/ JAMES
7:00 PM (X) 45 CORE & MORE * W/ OLIVIA	7:00 PM (X) 45 CORE & MORE * W/ MANDY	6:30 PM (X) 45 DEFINE * W/ OLIVIA	7:15 PM (MB) 60 DYNAMIC STRENGTH FLOW * W/ STEVEN	7:15 PM (MB) 60 MIND BODY SOUND * W/ KAREEM		
8:00 PM (MB) 60 RESTORTIVE YIN YOGA * W/ JAMES	7:30 PM (MB) 60 DYNAMIC STRENGTH FLOW * W/ STEVEN	7:30PM (MB) 60 STRETCH & FLOW * W/ RIA	8:30 PM (MB) 45 SOUL ALIGNMENT * W/ KAREEM			
	8:00 PM (X) 60 ZUMBA * W/ ODRIS					

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:

BOOTY SCULPT: A TARGETED LOWER-BODY WORKOUT DESIGNED TO BUILD, LIFT, AND STRENGTHEN YOUR GLUTES THROUGH A MIX OF RESISTANCE TRAINING AND CONTROLLED MOVEMENT. EXPECT HIGH-REP BURNOUTS, INTENTIONAL TEMPO WORK, AND EXERCISES THAT LEAVE YOU FEELING STRONG, SCULPTED, AND ENERGIZED.

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 PUMP: BLENDS THE CORE-STRENGTHENING PRINCIPLES OF CLASSICAL PILATES WITH THE ADDED CHALLENGE OF LIGHT TO MODERATE WEIGHTS. THIS CLASS BUILDS STABILITY, STRENGTH, AND ENDURANCE BY COMBINING CONTROLLED PILATES MOVEMENTS WITH RESISTANCE TRAINING. EXPECT A TOTAL-BODY WORKOUT THAT TONES MUSCLES, IMPROVES POSTURE, AND ENHANCES FLEXIBILITY—LEAVING YOU FEELING STRONGER, BALANCED, AND ENERGIZED.

POWER SCULPT: POWER SCULPT BLENDS PILATES-INSPIRED MOVEMENT WITH STRENGTH TRAINING FOR A FULL-BODY SCULPT. BALA WRIST WEIGHTS, RINGS, AND PILATES BALLS ADD RESISTANCE TO CHALLENGE CONTROL, BALANCE, AND ENDURANCE.

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!

SHRED: AN INTENSE, RESULTS-DRIVEN HIIT CLASS COMBINING STRENGTH TRAINING, CARDIO BURSTS, AND METABOLIC CONDITIONING. USING TIMED INTERVALS AND DYNAMIC MOVEMENTS, THIS FULL-BODY WORKOUT IS BUILT TO MAXIMIZE CALORIE BURN, INCREASE ENDURANCE, AND SCULPT LEAN MUSCLE.

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.

MIND BODY SOUND: A RESTORATIVE EXPERIENCE BLENDING MEDITATION, PRANAYAMA, YOGA, AND SOUND TO RELEASE TENSION, RESET THE NERVOUS SYSTEM, AND RECONNECT TO BODY AND BREATH. WE'LL CLOSE WITH A DEEPLY CALMING SOUND BATH USING TIBETAN SINGING BOWLS AND OCEAN DRUM TO INVITE STILLNESS, REFLECTION, AND RENEWAL.

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.

SOUL ALIGNMENT: STEP INTO A DEEPLY RESTORATIVE SOUND GUIDED JOURNEY DESIGNED TO BRING YOUR MIND, BODY, AND SPIRIT INTO HARMONY THROUGH THE POWER OF MEDITATION AND HIGH VIBRATIONS.

RESTORATIVE YIN YOGA: DEEPLY NURTURING, SLOW-PACED PRACTICE THAT COMBINES THE THERAPEUTIC, CONNECTIVE-TISSUE-TARGETING ELEMENTS OF YIN YOGA WITH THE FULLY SUPPORTED, RESTFUL POSES OF RESTORATIVE YOGA. IT IS DESIGNED TO DOWN-REGULATE THE NERVOUS SYSTEM, SHIFTING THE BODY FROM A "FIGHT OR FLIGHT" STATE TO A "REST AND DIGEST" STATE.

***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.