



GROUP FITNESS SCHEDULE

Effective 8/2/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00-8:00 AM FAST, FURIOUS & FIT Mark		7:00-8:00 AM FAST, FURIOUS & FIT Mark		9:00-10:00am <i>SPINNING</i> Mario
9:30-9:50 AM ABS BLAST Rebecca	9:30-10:30 AM YOGA Trish	9:30-10:30 AM BODY SCULPTING Jill	9:30-10:30am <i>SPINNING</i> Bridget	9:30-9:50 AM ABS BLAST Rebecca	
5:30-6:30 PM PILATES Terri	6:00 - 6:20 PM ABS BLAST Rebecca	5:30-6:25PM ZUMBA Winnie	5:30-6:30 PM YOGA Karen		
		6:30-7:30 PM <i>SPINNING</i> Mario	6:30-8:00 PM \$Boxing\$ Mario (ends 8/13)		

Fitness Center Hours:
Monday-Friday: 5:30am-9:00pm
Saturday & Sunday: 8:00am-5:00pm

4 PRIMROSE STREET·FAIRFIELD HILL CAMPUS
NEWTOWN, CT·304-1830

Childcare Hours:
Mon-Fri: 9:00 am-Noon
Saturday: 9 - 11am

SPINNING: The ultimate calorie burning workout. Build endurance, speed and power while burning up to 800 calories per class. Work to maintain or lose body weight while riding between 15 and 22 miles a day. Realize a “new you”.

ZUMBA: Combination of Latin and International music-dance themes creating a dynamic and exciting calorie burning workout. Uses fast and slow rhythms to improve aerobic capacity and overall fitness. Space is limited. Class sign ups are available 24 hours in advance at the fitness desk in person or by phone.

PILATES: A total body workout. Focus is on long lean muscle development using strength moves and flexibility components.

FAST, FURIOUS & FIT: An intense workout experience emphasizing power, strength, agility, balance, and cardiovascular endurance. Classes are designed for the overall improvement of the participant utilizing hurdles, ladders, pods, Bosu’s, plyoboxes, body weight and core stability activities. Each participant will be challenged at his or her level, breaking down and then progressing on fundamentals and mechanics.

YOGA: Experience a soothing release of tension in the body. Strengthen, tone, and relax.

ABS BLAST: 20 minute focus class. Tighten, sculpt, and strengthen your entire core with a combination of medicine balls, stability balls, floor exercises and body weight resistance. Exercises can be altered for different levels of ability.

BODY SCULPTING: Perfect class for any fitness level! Total body sculpting using low impact muscle conditioning and core exercises. This class utilizes multiple tools; dumbbells, body bars, stability balls and floor tubing to strengthen and tone isolated muscles.

INCLEMENT WEATHER POLICY:

School Cancelations – all morning classes will be canceled and there will be no childcare available. Please call to confirm evening classes.

School Delays – If there is a 90 minute delay, the 9:30 classes will begin at 10 AM. Childcare will open at 10AM

Please feel free to visit our website at www.newtownyouthacademy.org for further information.