



# newington group fitness schedule

effective 2/5/24 (\* denotes change)

club hours  
 mon-thu 5:30a-10p  
 friday 5:30a- 9p  
 saturday 7:00a- 5p  
 sunday 7:00a- 2p

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
	6:00a bodypump (60 min- allison)		6:00a spin (45 min-chris)		8:00a spin (45 min-rick)	
9:00a bodypump (60 min-rick)	9:00a spin (45 min-rick)	9:00a bodypump (60 min-beth)	9:00a spin (45 min-kelly m.)	9:00a cx works - core (45 min-beth)	8:30a bodycombat (45 min- jill k.)	9:00a zumba (50 min-yari)
10:15a bodyflow (55 min-meredith)	10:00a cx works - core (45 min-beth)	10:15a bodyflow (55 min-beth)		10:00a bodypump (60 min-rick)	9:00a spin (45 min- jill w.)	10:00a bodypump (60 min-kathy)
5:30p bodypump (60 min-cindy)	5:30p bodycombat (45 min-jill k.)	5:45p bodypump (60 min-rick)	5:30p bodypump (60 min-lisa)		9:30a bodypump (60 min- jill k.)	11:15a yoga sculpt (75 min-chris)
5:30p spin (45 min-kelly m.)	6:30p bodypump (60 min- jill k.)	5:30p spin (45 min-marc)			10:45a zumba (45 min-gianna)	
7:00p zumba (45 min-orlando)		7:00p zumba (45 min-orlando)				

# Group fitness class descriptions

## bike training

**spinning:** This class matches terrain to tempo with all the energy of a rock concert. You'll encounter slow climbs, short sprints and everything in-between.

## cross training

**bodyattack:** A high energy fitness class with moves that cater to total beginners to total addicts. It combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Energizing tunes will lead you through the workout will challenge your limits in a good way, burning up to 700 calories and leave you with a sense of achievement!

**bodycombat:** A cardio based interval training workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, tai chi and mucus tai. Strike punch and kick your way through calories to superior cardio fitness. Unleash yourself!

**basic training:** A high-intensity "military-style" interval class using "basic training" conditioning and power moves. No dance steps, and no experience necessary, just the desire to raise your heart rate to it's maximum while giving you an overall workout.

**zumba:** Zumba fuses hypnotic latin rhythms and easy to follow moves. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.

## mind, body & core

**bodyflow:** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a workout that brings the body into a state of harmony and balance.

**cxworx :** Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body, cx worx is for you ! It hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**pilates:** Accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates will strengthen your major muscle groups, improve your whole body alignment, and increase your flexibility.

**power yoga:** Power Yoga emphasizes getting into shape as a means of boosting both your physical and emotional well-being. The practice is based on the balance of strength and flexibility. With Vinyasa flow and inversions will reconnect you to your power, challenges body and mind, builds core power, promotes a cleanse and offers the opportunity for deep healing and release.

**open level yoga** This hour long yoga class is open to all students from first timers to advanced yogis. Modification will be given for beginners throughout the class, as well as variations for those who want a challenge. Students will focus on syncing breath with movement and body awareness. Class will finish with seated stretches and a relaxing Savasana. A great class for everyone !

**yoga sculpting:** A mixed style power yoga class incorporating light weights. Modifications are given allowing the students to choose the level of difficulty according to their needs. A great way to sculpt while getting all of the benefits of yoga class.

## strength training

**bodypump:** bodypump is the revolutionary new weight-training workout in a group fitness setting. You'll use barbells with adjustable weights, set to motivating music, and you'll burn up to 600 calories in an hour. **WARNING:** bodypump is an exercise routine that gets results...fast!

**boot camp:** high intensity interval training class featuring a quick intense dynamic warm-up followed by a strength training circuit, every workout will change giving you a new challenge each week !

**powersculpt:** Expect to get busy in this class with the use of weights and alternating repetitions. This class is for the serious fitness worshipper who likes workouts to be hard - just like their body.