

**www.NewFit.com Club NewFit Fitness Program Schedule (203) 426.8591 5/1**

Day/ Time	Class	Duration (in Minutes)	Instructor	Studio	Class Fee	Class Description
<b>Mondays</b>						
7:30 AM	TRX Training	60	Tammy	A	Yes	Suspension Training and Weight Training for the Total Body!
8:30 AM	Vinyasa Yoga	60	Deidre	A	No	Restore Balance and Flexibility ...Flow through series of asanas.
9:30 AM	Spinning	45	Liz S.	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
9:30 AM	BodyPump	60	Sharon/LizA.	A	No	A Choreographed Strength Challenge for all Major Muscle Groups !
5:00 PM	Pilates	60	Tammy	A	No	Build Core Strength while toning & sculpting, arms, legs and glutes.
5:30 PM	Spinning	45	Lisa R.	B	No	Guided Simulations of strength, interval & endurance rides.
6:00 PM	Zumba	45	Ruben	A	No	A Latin inspired Dance cardio workout.
7:00 PM	BodyPump	60	Liz	A	No	A Choreographed Strength Challenge for all Major Muscle Groups !
<b>Tuesdays</b>						
9:30 AM	Zumba	60	Mary Ann P.	A	No	A Latin inspired Dance cardio workout.
5:30 PM	Yoga	60	Mitzi	A	No	Yoga Hatha Style
6:30 PM	Cardio Circuit	60	Tony	A	No	High Energy, Hi/Low Cardio,plyometrics,Core and More!
<b>Wednesday</b>						
5:45 AM	Spinning	45	Kelly	B	No	Guided Simulations of strength, interval & endurance rides.
8:30 AM	BodyPump	60	Sharon P.	A	No	A Choreographed Strength Challenge for all Major Muscle Groups !
9:30 AM	Spinning	45	Liz A.	B	No	Guided Simulations of strength, interval & endurance rides.
9:30 AM	Pilates	60	Tammy	A	No	Build Core Strength while toning & sculpting, arms, legs and glutes.
10:30AM	TRX Training	60	Tammy	A	Yes	Suspension Training and Weight Training for the Total Body!
4:30 PM	TRX Training	60	Tammy	A	Yes	Suspension Training and Weight Training for the Total Body!
5:30 PM	Flow/Yoga	60	Deidre	A	No	Build Strength and Flexibility w/a combo of Yoga, Tai Chi, & Pilates
5:30 PM	Spinning	45	Kelly	B	No	Guided Simulations of strength, interval & endurance rides.
6:30 PM	BodyPump	60	MaryAnn	A	No	A Choreographed Strength Challenge for all Major Muscle Groups !
<b>Thursday</b>						
9:30 AM	Zumba	60	Ruben	A	No	A Latin inspired Dance cardio workout.
5:30 PM	Cardio Circuit	60	Sharon	A	No	High Energy, Hi/Low Cardio,plyometrics,Core and More!
6:30 PM	Spinning	45	Lisa R.	A	No	Guided Simulations of strength, interval & endurance rides.
<b>Friday</b>						
5:45 AM	Spinning	45	Kelly	B	No	Guided Simulations of strength, interval & endurance rides.
8:30 AM	BodyFlow	60	Deidre	A	No	Build Strength and Flexibility w/a combo of Yoga, Tai Chi, & Pilates
9:30 AM	BodyPump	60	Andrea	A	No	A Choreographed Strength Challenge for all Major Muscle Groups !
<b>Saturday</b>						
8:00 AM	Spinning	45	Lisa R.	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
9:00 AM	Spinning	45	Lisa R.	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
9:05 AM	BodyPump	60	Sharon/LizA.	A	No	A Choreographed Strength Challenge for all Major Muscle Groups !
<b>Sunday</b>						
9:00 AM	Spinning	45	Danielle	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
10:00 AM	Vinyasa Yoga	60	Mitzi/Sharon S	A	No	A blend of Vinyasa, Sivananda and pilates.

**Club Hours**

Monday - Thursday 5:30a.m-10:00p.m  
 Friday 5:30 a.m-9:00 p.m  
 Saturdays 7:45 a.m-4p.m & Sundays 7:45a.m-3:00p.m

**KidZone Hours**

Mornings: Mon, Wed, Fri 8:30- 11:00/Tu&Th 9:30-11:00  
 Evenings: Monday 5-8pm, Tues,Wed,Th 5:30-7:30pm  
 Saturdays: 8am-10:00 Sundays: 9:00 am-11am