

Club NewFit Group X Schedule

Day	Class	Start Time	Duration (in Minutes)	Instructor	Studio	Class Fee	Note
Mondays							
NEW	Spin/Strength/Core	6:00 AM	60	MaryAnn P.	SP	No	Heart Monitor Recommended
	Yoga	8:30 AM	60	Mary H.	GX	No	
	Spinning	9:00 AM	45	Mary R.	GX	No	Heart Monitor Recommended
	Cardio Interval	9:45 AM	45	Mary R.	SP	No	Heart Monitor Recommended
	20/20/20	4:30 PM	60	Sharon G.	GX	No	
	Spinning	5:30 PM	45	Kelly	SP	No	Heart Monitor Recommended
	Spinning	6:15 PM	45	Lisa	SP	No	Heart Monitor Recommended

Tuesdays	Mat Pilates	8:30 AM	60	Mary Ann P.	GX	No	
NEW	Cardio Kickbox	9:30 AM	60	Sharon G.	GX	No	Heart Monitor Recommended
NEW	Med. Spinning	4:30 PM	60	Danielle	SP	No	Heart Monitor Recommended
	Kick Boxing	5:30 PM	60	Stacy/Danielle	GX	No	
	Step Interval	6:30 PM	45	Marni	GX		
	Pilates Fusion	7:15 PM	45	Marni	GX	No	

Wednesday							
NEW	Spin/Strength/Core	6:00 AM	60	MaryAnn P.	SP	No	Heart Monitor Recommended
NEW	Body Jam	8:30 AM	60	Andrea	GX	No	Heart Monitor Recommended
	Spinning	9:35 AM	45	Andrea/Kelly	SP	No	Heart Monitor Recommended
NEW	Pilates Training	9:30 AM	60	Tammy	GX	No	
	Yoga	6:00 PM	60	Missy	GX		
NEW	Spin Boot Camp	6:15 PM	60	Tony D.	SP	No	Heart Monitor Recommended
	Zumba	7:00 PM	60	Cherry	GX	No	

Thursday							
	Spinning	9:30 AM	45	Andrea	SP		Heart Monitor Recommended
NEW	Zumba Sculpt	9:30 AM	60	Mary Ann P.	GX	No	
NEW	Body Jam	5:30 PM	45	Andrea	GX	No	Heart Monitor Recommended
	Spinning	6:15 PM	45	Andrea	SP	No	
	Step Interval	6:30 PM	30	Marni	GX		
	Pilates Fusion	7:00 PM	45	Marni	GX	No	

Friday	Yoga	8:30 AM	60	Missy	GX	No	
	Spin & Strength	9:30 AM	60	Mary R.	SP	No	Heart Monitor Recommended
	Body Jam	9:35 AM	60	Andrea	GX	No	Heart Monitor Recommended

Saturday	Spinning	8:00 AM	45	Lisa R.	SP	No	Heart Monitor Recommended
	Pilates Fusion	8:00 AM	60	Liz A.	GX	No	
	Instructor Choice	9:05 AM	60	Alt.	GX	No	
	Spinning	9:00 AM	45	Lisa R.	SP	No	Heart Monitor Recommended

Sunday	Cardio Strength	9:00 AM	60	Alt.	SP	No	Heart Monitor Recommended
	Meditative Spin	9:15 AM	45	Danielle	SP	No	
	Flow Yoga	10:15 AM	60	Mary H.	GX	No	

*Classes requiring pre-payment. All programs are subject to cancellation if the minimum number of 5 participants is not met.

WWW.NEWFIT.COM

Club Ph. 426.8591

Club Hours

Mon.-Thurs 5:30 am to 10 p.m

Fri 5:30 a.m to 9 p.m

Saturdays 7:45 a.m to 5:00 p.m

Sundays 8:00 a.m to 3:00 p.m

Kid Zone

M, Tu, W, Fri 8:30-11:30

Thurs. 9am-11:30

Mon-Thurs 4:30-8pm

Sat. 8am-11am Sunday 9-11:30