

www.NewFit.com Club NewFit Schedule (December) (203) 426.8591

Day/ Time	Class	Duration (in Minutes)	Instructor	Studio	Class Fee	Class Description
Mondays						
8:30 AM	Vinyasa Yoga	60	Deidre	A	No	Restore Balance and Flexibility ...Flow through series of asanas.
9:00 AM	Spinning	45	Andrea	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
9:50 AM	Body Jam	60	Andrea	A	No	Cardio,strength training & core conditioning.
5:00 PM	Pilates Training	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	Cardio Strength	60	Sharon G.	A	No	Alternating intervals of cardio,strength training & core conditioning.
6:30 PM	Spinning	45	Kelly	A	No	Guided Simulations of strength, interval & endurance rides.
Tuesdays						
8:30 AM	Mat Pilates	60	Mary Ann P.	A	No	Sculpt your body while improving Flexibility, and Core Strength.
9:35 AM	Cardio Kickbox	60	Sharon G.	A	No	A butt kicking cardio work out with basic punches and kicks.
6:00 PM	Hatha Yoga	60	Mitzi	A	No	Restorative; slower paced; linking breath and movement with poses.
6:00 PM	Spinning	45	Tony D.	B	No	Guided Simulations of strength, interval & endurance rides.
7:00 PM	Cardio Step	30	Marni	A	No	A Power Interval Class utilizing Steps, and weights to Sculpt & Tone
7:30 PM	Fitness Fusion	30	Marni	A	No	A combination of body toning and pilates using weights, rings, etc.
Wednesday						
5:45 AM	Spinning	45	Lisa R.	B		Guided Simulations of strength, interval & endurance rides.
8:30 AM	Body Jam	60	Sharon P.	A	No	Cardio,strength training & core conditioning.
9:30 AM	Spinning	45	Liz A.	B	No	Guided Simulations of strength, interval & endurance rides.
9:35 AM	Pilates Training	60	Tammy	A	No	Build Core Strength while toning & sculpting, arms, legs and glutes.
5:30 PM	Spinning	45	Lisa H.	B	No	Guided Simulations of strength, interval & endurance rides.
6:00 PM	Power Strength	60	Sharon G.	A	No	Strength training & muscle conditioning!
Thursday						
8:30 AM	Zumba Sculpt	60	Mary Ann P.	A	No	A Fusion of Zumba & Weight Training for a complete body workout!
9:35 AM	Cardio Strength	60	Sharon G.	A	No	Alternating intervals of cardio,strength training & core conditioning.
5:30 PM	Hatha Yoga	60	Mitzi	A		Restorative; slower paced; linking breath and movement with poses.
5:30 PM	Spinning	45	Danielle	A	No	Guided Simulations of strength, interval & endurance rides.
6:30 PM	Spin (& Strength)	60	Lisa R.	A	No	45 min simulated ride; ending with 15 min. upper body strength.
6:30 PM	Int. Kickboxng &Step	30	Marni	A	No	An interval class with Kickboxing and Step!
7:00 P.M	Body Sculpting	30	Marni	A	No	Total Body Strength Conditioning!
Friday						
5:45 AM	Spinning	45	Kelly	B		Guided Simulations of outdoor strength, interval & endurance rides.
8:30 AM	Vinyasa Yoga	60	Deidre	A	No	Restore Balance and Flexibility ...Flow through series of asanas.
9:30 AM	Spinning	45	Lisa H.	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
9:35 AM	Body Jam	60	Andrea	A	No	Cardio,strength training & core conditioning.
Saturday						
8:00 AM	Spinning	45	Lisa R.	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
8:00 AM	Pilates	60	Liz A.	A	No	Build Core Strength while toning & sculpting, arms, legs and glutes.
9:00 AM	Spinning	45	Lisa R.	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
9:05 AM	Instructor Choice	60	Sharon P.	A	No	Alternating intervals of cardio,strength training & core conditioning.
Sunday						
9:00 AM	Spinning	45	Danielle	B	No	Guided Simulations of outdoor strength, interval & endurance rides.
10:00 AM	Vinyasa Yoga	60	Alt. Instructor	A	No	A blend of Vinyasa, Sivananda and pilates.

All classes are subject to change and cancellation.

Spinning Sign-up is allowed up to 45 minutes before start of class at the front desk.

Class Cards are available at front desk for classes requiring payment. Class cards available for Non Members for all classes.

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: Monday -Friday 8:30- 11:30 a.m
 Evenings: Monday - Thursday 4:45-8:00 p.m
 Saturdays 8:00 am-11am & Sundays 9am-11 am