

360 Strength: Train every muscle group in the 360 degree spectrum! Designed by personal trainers, this class will focus on strength in all planes of movement, using a wide variety of equipment and methods! Come ready for this new and exciting class! Modified for all levels.

Body Pump: The original barbell class that targets the entire body. This intense workout challenges all of the major muscle groups. Great music inspires you to get the results you came for!!

Body Pump/Cardio Kick Box: 30 minute barbell strength workout that challenges major muscle groups followed by 30 minutes high energy, non-contact martial arts inspired cardio training.

Core/Stretch: The emphasis is on Core strength and a 15 minute stretching session to end your workout! All levels welcome!

Core Barre: Core strength is an essential element in a dancer's training. Use the ballet bars to strengthen your legs, back and glutes, along with your core! Improve your flexibility and challenge your balance in this fun and different class!

H.E.A.T.- High Energy Athletic Training: This is a fusion class of cardio, strength, and muscular endurance training which will increase the HEAT! If you want to work hard and kick up your workout, this is the class for you!

XMC (\$\$)-Extreme Metabolic Conditioning: High intensity, non-traditional training incorporating total body exercises to challenge ALL fitness levels.

INSANITY: Based on Max Interval Training, this cardio class will push you past your limits with a mix of athletic/plyometric drills and strength, power, resistance and core training. No equipment needed! Modified for all levels and abilities.

NYA Strength: Customized class that combines the knowledge base of elite trainers with a specialized cardio effect for the ultimate body transforming workout. This dynamic class has modifications for all levels and will provide participants with the most effective exercises and techniques to create results!

P90X: You've seen the infomercial, now try the class! With a wide variety of intense routines from cardio to resistance training, plyometrics, ab work and more, this workout has it all!!! There are many modifications for all exercises, so all ages and levels can partake.

P90X/INSANITY: The ideal group class combination is here! Take the innovative movements and protocols of P90X and pair it with the Max Intervals and crazy intense cardio moves of INSANITY into one incredible hour! All movements can be modified for each participant.

Pilates: Not just a series of exercises, but a complete approach to developing body awareness. This class will focus specifically on the core and will help to promote flexibility.

Pilates Fusion: Challenge your core with traditional Pilates and Yoga moves. This class will improve your functional strength and flexibility.

SPINNING: The ultimate calorie burning workout! Build endurance, speed and power while burning up 800 calories per class. Realize a "new you" as you set your own "top of the hill." Bikes available on a first come, first serve basis.

Stay Active(\$\$): A 30 minute class designed for seniors to achieve better health by increasing flexibility, strength, balance, and circulation through regular exercise. This is a 8 week session with track membership included in class fee.

TRX/KB(\$\$): Work from head to toe using kettle bells and the TRX suspension system. Circuit classes that will stimulate the cardiovascular system while chiseling off the inches! Give it a try!

Ultimate Conditioning: A power packed class aimed to increase muscle strength and tone as well as develop cardiovascular fitness. A well rounded workout that's great for all fitness levels!

Slow Burn Yoga: A slow paced Yoga class for all levels of fitness and flexibility. Poses are held for longer periods of time in order to create balance, build strength, and release tension in the body.

Yoga Flow: This class strings yoga postures together in a flowing, vinyasa style sequence of breath and movement, class infused with some power moves and balance work, with modifications provided for all levels.

Yoga Flow Plus: Vinyasa class at a moderate pace to raise the heart rate, and create warmth in the body. Class infused with power moves and balance challenges. Modifications provided for all levels.

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.

Zumba Toning: Same Zumba party, but put extra emphasis on toning and sculpting! Add resistance by using Zumba Toning Sticks to help you focus on specific muscle groups, targeting your arms, core and lower body. Try this exciting variation on a great class.

Zumba Gold: Zumba Gold is a lower impact version of Zumba with a little less choreography, but just as much fun! The same great Latin styles of music and dance are used. Zumba Gold classes strive to improve our balance, strength, flexibility and most importantly, the heart.

Inclement Weather Policy: School Cancellations: All morning classes are cancelled and there will be no childcare available. Please call to confirm evening classes. **School Delays:** If there is a 90 minute or a two hour delay, all classes scheduled before 9:30am will be cancelled. 9:30am classes will move to 11:00am. Childcare will open at 10:00am. Please feel free to visit our website, www.nyasportsfitness.com for further information.