NYA sports & fitness center

winter

GROUP FITNESS SCHEDULE

EFFECTIVE January 2, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM			***SPINNING*** MaryAnn				
7:00 AM					***P90X*** Mickey		
7:20 AM		***NYA STRENGTH*** MaryAnn					
7:30 AM						NEW ***SPINNING*** Lisa *Starts 3-11-17*	
8:00 AM	***SPINNING*** Eve					***BODYPUMP*** Jeanine	
8:20 AM	NEW ***SLOW BURN YOGA*** Marnie	***CORE BARRE*** Brandi	***BODYPUMP*** Mickey	NEW ***CORE BARRE*** Brandi	***HEAT*** MaryAnn		
8:30 AM							NEW TIME ***P90X/INSANITY*** Alternating
9:00 AM						***SPINNING*** Suzanne C	
9:30 AM	***BODYPUMP*** Jeanine	***SPINNING*** Kim	***PILATES FUSION*** MaryAnn	***SPINNING*** Jill	***SPINNING*** Kim	***ZUMBA*** Melissa	NEW TIME ***YOGA FLOW PLUS*** Sharon
	ULTIMATE COND. (T) Jill	***P90X/INSANITY*** Zoey	***ULTIMATE COND. (T)*** Jill	***P90X*** Jeanine	***P90X/INSANITY (T)*** Jill		
10:30 AM			NEW ***SLOW BURN YOGA*** Marnie	NEW ***ZUMBA GOLD*** Mary Lou	NEW ***CORE/STRETCH 1/2 hr.*** Jill (T)		
5:00 PM		NEW ***BODYPUMP & CARDIO KICK BOX*** Eve	***YOGA FLOW (SR)*** Sharon	NEW ***CORE BARRE*** Eve			
6:00 PM	***360 STRENGTH (X)*** Andrew	NEW ***PILATES*** Jeanine	NEW ***360 STRENGTH (X)*** Andrew	***SPINNING*** Eve			
	SPINNING Suzanne C	NEW ***SPINNING*** Lisa		NEW ***P90X*** Zoey			
7:15 PM	***ZUMBA*** Alicia	***ZUMBA/TONING*** Melissa		NEW TIME ***ZUMBA*** Alicia			
PAID XMC TRX/KB 6:00 AM		***XMC***		***XMC***			
PAID XMC TRX/KB 8:00 AM						***XMC***	
PAID XMC TRX/KB 9:30 AM		***TRX/KB***	***XMC***	***TRX/KB***		***XMC***	

*** All classes will be held in the Group Fitness Room unless otherwise noted:**
SR = Spin Room, T = Turf, F = Field House-Track, X = XMC Room
SCHEDULE IS SUBJECT TO CHANGE

PAID OTHER	
STAY ACTIVE	**Tuesdays and Thursdays 8:15-8:45 AM (X)**
MARTIAL ARTS	**Monday - Tots (Ages 4-5) 4:30-5:00 PM, Children (Ages 6+) 5-6:00 PM (All ranks), Adults (Ages 12+) 6:00 PM**
	Wednesday - Children (Ages 6+) 5-6:00 PM (Beginner), 6:00-7:00 PM (Color belts), Adults (Ages 12+) 7:00 PM

Fitness Center Hours:
Monday – Thursday: 5:30am-9:00pm
Friday : 5:30am-8:00pm
Saturday : 7:00am-5:00pm
Sunday : 8:00am-3:00pm

NYA sports & fitness center
nyasportsfitness.com
(203) 426-0088

Childcare:
Monday–Friday: 8:15am–noon
Saturday: 8:00am–11:00am