NYA sports & fitness center

Spring

GROUP FITNESS SCHEDULE

EFFECTIVE April 3, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35 AM			***SPINNING*** MaryAnn				
7:00 AM					***P90X*** Mickey		
7:20 AM		***NYA STRENGTH*** MaryAnn					
7:30 AM						NEW ***SPINNING*** MaryAnn/Lisa	
8:00 AM	***SPINNING*** Eve					***BODYPUMP*** Jeanine	
8:20 AM	NEW INSTR ***MIXED LEVEL YOGA*** Terri	***CORE BARRE*** Brandi	***BODYPUMP*** Mickey	***CORE BARRE*** Brandi	***HEAT*** MaryAnn		NEW TIME ***P90X/INSANITY*** Jeanine
9:00 AM						***SPINNING*** Suzanne C.	
9:30 AM	***BODYPUMP*** Jeanine	NEW ***BOOTCAMP (T)*** Andrew	***PILATES FUSION*** MaryAnn	***P90X*** Jeanine	***SPINNING*** Kim	***ZUMBA*** Melissa	***YOGA FLOW PLUS*** Sharon
	ULTIMATE COND. (T) Jill	***SPINNING*** Kim	***ULTIMATE COND. (T)*** Jill	***SPINNING*** Jill	***P90X/INSANITY (T)*** Jill		NEW ***SPINNING*** Danielle B.
10:30 AM			NEW INSTR ***VINYASA FLOW YOGA*** Danielle H.	***ZUMBA GOLD*** Mary Lou			
5:00 PM			***YOGA FLOW (SR)*** Sharon	***BARRE STRONG*** Eve			
6:00 PM	***360 STRENGTH (X)*** Andrew	NEW ***SPINNING*** Eve/Lisa	***360 STRENGTH (X)*** Andrew	***SPINNING*** Eve			
	SPINNING Suzanne C.	***PILATES*** Jeanne		NEW ***BODYPUMP*** Karen			
7:15 PM	***ZUMBA*** Alicia	***ZUMBA Toning*** Melissa		***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***	

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), 6-7:00 PM (Color belts), Adults (Ages 12+) 7:00 PM

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

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

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nyasportsfitness.com
(203) 426-0088 x111

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