



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 INSECT 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 INSECT VINYASA FLOW YOGA Danielle H. | ZUMBA GOLD Mary Lou | | | |
| 5:00 PM | | | YOGA FLOW (SR) Sharon | BARRE STRONG Eve | <p>* 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</p> | | |
| 6:00 PM | 360 STRENGTH (X) Andrew | NEW SPINNING Eve/Lisa | 360 STRENGTH (X) Andrew | SPINNING Eve | | | |
| | SPINNING Suzanne C. | PILATES Jeanne | | | | | |
| 7:15 PM | ZUMBA Alicia | ZUMBA Toning Melissa | | ZUMBA Alicia | | | |
| PAID XMC TRX/KB | 6:00 AM | | XMC | | XMC | | |
| | 8:00 AM | | | | | XMC | |
| | 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 | | | | | |

Fitness Center Hours:

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



nyasportsfitness.com
 (203) 426-0088 x111

Childcare:

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