

NYA Group Fitness Schedule

Effective: June 12th

Summer 2017

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	5:35 AM			SPINNING Danielle/Stacey					
	7:00 AM					P90X Mickey			
	7:20 AM		NYA Strength Mary Ann						
	7:30 AM						SPINNING Stacey		
	8:00 AM						BODYPUMP Karen		
	8:20 AM		SPINNING Mickey	CORE BARRE Brandi	BODYPUMP Mickey	CORE BARRE Brandi	HEAT Mary Ann		SPINNING Danielle B.
									INSANITY / P90X Jeanine
	9:15 AM						CYCLE EXPRESS (45 Minutes) Suzanne C.		
	9:30 AM		BODYPUMP Laura	BOOT CAMP Andrew (T)	PILATES FUSION MaryAnn	P90X Andrea	SPINNING Kim	ZUMBA Melissa	YOGA FLOW PLUS Sharon (C)
			Ultimate Conditioning Jill (T)	SPINNING Terri	Ultimate Conditioning Jill (T)		INSANITY/ P90X Jill (T)		
10:30 AM	MIXED LEVEL YOGA Terri				ZUMBA GOLD Mary Lou	FITNESS CENTER HOURS: Monday - Thursday: 5:30am-9:00pm Friday: 5:30am-8:00pm Saturday: 7:00am-5:00pm Sunday: 8:00am-3:00pm			
PM	5:00 PM			YOGA FLOW PLUS Sharon (C)					
	5:45 PM	CYCLE EXPRESS (45 Minutes) Suzanne C.						All Classes will be held in the Group Fitness Room unless otherwise noted. SR = Spin Room, T= Turf, X = XMC Room, C = Courtyard Outside. (If inclement weather, classes will be held inside). Schedule is Subject to Change	
	6:00 PM		PILATES Eve	360 STRENGTH Andrew	ZUMBA Alicia				
						Total Body Conditioning Eve (X)			Childcare: AM: Monday - Friday: 8:15am - noon Saturday: 8:00am - 11:00am
	6:30 PM	P90X Suzanne C. (X)		SPINNING Danielle					
7:15 PM	ZUMBA Alicia	ZUMBA TONING Melissa							
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		Tuesday & Thursday 8:15 - 8:45 am - (X)						
	Martial Arts		Monday Tots (Ages 4-5) 4:30-5:00pm, Children (Ages 6+) 5-6:00pm (All Ranks), Adults (Ages 12+) 6:00pm Wednesday Children (Ages 6+) 5-6:00pm (Beginner), 6-7:00pm (Color Belts), Adults (Ages 12+) 7:00pm						

