

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 | BARRE Tonya | BODYPUMP Mickey | BARRE Tonya | HEAT Mary Ann | | SPINNING Danielle B. |
| | | | | | | | | | INSANITY / P90X Jeanine |
| | 9:00AM | | | | | | CYCLE EXPRESS (45 Minutes) Suzanne C. | | |
| | 9:15AM | BODY PUMP Laura | | | | | | | |
| | 9:30 AM | | Ultimate Conditioning Jill (T) | BOOT CAMP Andrew (T) | PILATES FUSION MaryAnn | P90X Andrea | SPINNING Kim | ZUMBA Melissa | YOGA FLOW PLUS Sharon (C) |
| | | | SPINNING Tonya | Ultimate Conditioning Jill (T) | | INSANITY/ P90X Jill (T) | | | |
| 10:30 AM | VINYASA FLOW Aimee | | | | 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 Sharon (C) | Total Body Conditioning Eve | | | | |
| | 6:00 PM | 360 STRENGTH Andrew | PILATES Eve | 360 STRENGTH Andrew | ZUMBA Alicia | 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 | | | |
| | | CYCLE EXPRESS (45 Minutes) Suzanne C. | | | | | | | |
| | 6:30 PM | | | SPINNING Danielle | | Childcare: AM: Monday - Friday: 8:15am - noon Saturday: 8:00am - 11:00am | | | |
| | 7:00 PM | | | | | | | | |
| 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 | | | | | | | |



