

NYA Group Fitness Schedule

Effective: **September 11**

Fall 2017

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:35 AM	SPIN EXPRESS Stacey/Danielle		SPIN EXPRESS Stacey/Danielle				
	6:00AM		\$\$ XMC Sharon (X)		\$\$ XMC Kevin (X)			
	7:00 AM					P90X Mickey		
	7:20 AM		NYA STRENGTH MaryAnn					
	7:30 AM						SPINNING Stacey	
	8:00 AM		\$\$ (8:15 -8:45) STAY ACTIVE Susan (X)		\$\$ (8:15 -8:45) STAY ACTIVE Susan (X)		BODY PUMP Karen	
							\$\$ XMC Kevin (X)	
	8:20 AM	SPINNING Mickey	BARRE Tonya	BODY PUMP Mickey	HATHA FLOW YOGA Tonya	HEAT MaryAnn		P90X Zoey
								SPINNING Danielle
	9:00 AM						CYCLE EXPRESS Suzanne	
	9:30 AM	BODY PUMP Karen	CORE DE FORCE Kim	PILATES MaryAnn	BARRE Tonya	SPINNING Kim	ZUMBA Melissa	YOGA FLOW Sharon
		ULTIMATE CONDITIONING Jill (T)	SPINNING Tonya	ULTIMATE CONDITIONING Jill (T)	BOOTCAMP Andrew (T)	P90X/INSANITY Jill (T)		
			\$\$ TRX/KB Kevin (X)	\$\$ XMC Kevin (X)	\$\$ TRX/KB Kevin (X)		\$\$ XMC Kevin (X)	
	10:30 AM		CORE BLASTER (1/2 hour) Kim	VINYASA YOGA Tonya	ZUMBA GOLD Mary Lou	CORE BLASTER (1/2 hour) Kim		STRONG BY ZUMBA Megan
	12:15 PM			S. SNEAKERS CLASSIC Mary Lou		\$\$ Denotes a fee XMC/TRX/KB STAY ACTIVE		
1:00 PM	S. SNEAKERS CIRCUIT Kerry				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	4:30 PM				STRONG BY ZUMBA Megan	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		
	5:00 PM		* 5:15 PM BURN & FIRM Eve	YOGA FLOW Sharon (SR)				
	5:30 PM				SPIN EXPRESS Eve	CHILDCARE: AM: Monday - Friday: 8:15am - noon Saturday: 8:00am - 11:00am PM: Monday - Thursday: 4:30pm - 7:30pm		
	6:00 PM	CYCLE EXPRESS Suzanne	PILATES Eve		*6:15 PM CORE DE FORCE Zoey			
		360 STENGTH Andrew (X)		360 STENGTH Andrew (X)				
7:15 PM	ZUMBA Alicia	ZUMBA TONING Melissa		ZUMBA Alicia	Inclément Weather Policy: School Cancellations: All A.M. classes cancelled and no childcare. Call to confirm P.M. classes. School Delays: All classes before 9:30am will be cancelled. 9:30am classes move to 11:00am. Childcare opens at 10:00am. Visit www.nyasportsfitness.com or call for further information.			

Paid Other	Martial Arts	Monday Tots (Ages 5-6) 4:30-5:00pm, Children (Ages 7+) 5-6:00pm (All Ranks), Adults (Ages 12+) 6:00pm
		Wednesday Children (Ages 7+) 5-6:00pm (White/Orange), 6-7:00pm (Green/Red), Adults (Ages 12+) 7:00pm



NYAsportsfitness.com
203-426-0088 ext. 111