



# newington group fitness schedule

effective 3/2/17 (\* denotes change)

## group fitness class descriptions

club hours  
 mon-thu 5:30a-10p  
 friday 5:30a- 9p  
 saturday 7:00a- 5p  
 sunday 7:00a- 2p

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
<b>6:00a bodypump</b> (60 minutes-rick)  <b>8:30a cxworx</b> (30 minutes-farah)  <b>9:00a bodycombat</b> (45minutes - theresa)  <b>9:45a powersculpt</b> (45 minutes-stacy)  <b>10:30a cardio step</b> (45 minutes-stacy)  <b>11:00a spinning</b> (45 minutes-mackenzie)	<b>5:45a spinning</b> (45 minutes-rebecca)  <b>9:00a spinning</b> (60 minutes-rick)  <b>9:00a bodypump</b> (60 minutes-theresa)  <b>10:00a power yoga</b> (60 minutes-iris)	<b>6:00a bodypump</b> (60 minutes-rebecca)  <b>6:00a spinning</b> (45 minutes-rick)  <b>8:30a cxworx</b> (30 minutes-allison)  <b>9:00a bodycombat</b> (60 minutes- allison)  <b>9:00a spinning</b> (45 minutes-stacy)  <b>10:00a bodyflow</b> (45 minutes-allison)	<b>5:45a spinning</b> (45 minutes-chris )  <b>9:00a spinning</b> (60 minutes-jill a.)  <b>9:00a bodypump</b> (60 minutes-theresa)  <b>10:00a INSANITY</b> (30 minutes-farah)  <b>10:30a bodyflow</b> (60 minutes-allison)	<b>6:00a bodypump</b> (60 minutes-andy)  <b>8:30a cxworx</b> (30 minutes-ann/mike)  <b>9:00 basic training</b> (45 minutes-stacy)  <b>10:00a bodypump</b> (60 minutes-rick)   <b>11:00a spinning</b> (45 minutes-mackenzie)	<b>7:30a spinning</b> (60 minutes-rick)  <b>8:30a boot camp</b> (45 minutes-kerrie)  <b>9:00a spinning</b> (60 minutes-erin)  <b>9:15a abs express</b> (15 minutes-kerrie)  <b>9:30a INSANITY</b> (30 minutes-kerrie)  <b>10:15a bodypump</b> (45 minutes-cindy)  <b>11:00a ZUMBA</b> (60 minutes-cindy)	<b>8:30a bodycombat</b> (45 minutes-jill k.)  <b>8:45a spinning</b> (60 min- steve/rebecca)  <b>9:15a ZUMBA</b> (60 minutes-iris)  <b>10:00a spinning</b> (45 minutes-sabah)  <b>10:15a bodypump</b> (60 minutes-vicki)  <b>11:30a yoga sculpting</b> (75 minutes - chris)
<u>PM</u> <b>5:00p pilates</b> (45 minutes-elaine)  <b>6:00p spinning</b> (45 minutes-erin)  <b>5:45p bodycombat</b> (45 minutes-jill k.)  <b>6:30p bodypump</b> (60 minutes-cindy)  <b>7:30p ZUMBA</b> (60 minutes-cindy)	<u>PM</u> <b>4:30p ZUMBA</b> (40 minutes-christina)  <b>5:15p abs express</b> (15 minutes- cecelia)  <b>5:30p bodypump</b> (60 minutes-cecelia)  <b>5:45p spinning</b> (60 minutes-julianne)  <b>6:30p bodycombat</b> (60 minutes- ann)  <b>7:30p power yoga</b> (60 minutes-carrie)	<u>PM</u> <b>5:00p pilates</b> (45 minutes-carrie)  <b>6:00p spinning</b> (45 minutes-sabah)  <b>5:45p bodycombat</b> (45 minutes-andy)  <b>6:30p bodypump</b> (60 minutes-andy)  <b>7:30p ZUMBA</b> (60 minutes - jill k.)	<u>PM</u> <b>4:30p ZUMBA</b> (40 minutes-christina)  <b>5:15p abs express</b> (15 minutes-ann)  <b>5:30p bodypump</b> (60 minutes-ann)  <b>5:45p spinning</b> (60 minutes-julianne)  <b>6:45pm INSANITY</b> (40 minutes-kerrie)  <b>7:30p bodyflow</b> (60 minutes - jessica)	<u>PM</u> <b>5:30p bodypump</b> (60 minutes-anja)  <b>5:30p spinning</b> (60 minutes-tom)  <b>6:30p bodyflow</b> (30 minutes-anja)		

### **bike training**

**spinning:** This class matches terrain to tempo with all the energy of a rock concert. You'll encounter slow climbs, short sprints and everything in-between.

### **cross training**

**bodycombat:** A cardio based interval training workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, tai chi and mucky tai. Strike punch and kick your way through calories to superior cardio fitness. Unleash yourself!

**basic training:** A high-intensity "military-style" interval class using "basic training" conditioning and power moves. No dance steps, and no experience necessary, just the desire to raise your heart rate to its maximum while giving you an overall workout.

**cardio step:** An oldie but goodie, this class has proven itself to be a calorie burning, cardiovascular, and fun workout using an adjustable step platform and high-energy music.

**INSANITY:** You've seen it on TV. Now available at Big Sky. The # 1 cardio workout in the country, packed with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training.

**zumba:** Zumba fuses hypnotic Latin rhythms and easy to follow moves. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.

### **mind, body & core**

**bodyflow :** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a workout that brings the body into a state of harmony and balance.

**calming yoga:** A stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Poses are practiced at a slower pace with attention to alignment and detail. Recommended for all levels looking for a soothing, relaxing, and restorative experience, especially those newer to yoga or working with special concerns or injuries.

**cxworx :** Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body, cx worx is for you ! It hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**pilates:** Accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates will strengthen your major muscle groups, improve your whole-body alignment, and increase your flexibility.

**power yoga:** Power Yoga emphasizes getting into shape as a means of boosting both your physical and emotional well-being. The practice is based on the balance of strength and flexibility. With Vinyasa flow and inversions will reconnect you to your power, challenges body and mind, builds core power, promotes a cleanse and offers the opportunity for deep healing and release.

**yoga:** A mind and body training program that will change the way you feel about your body forever. You'll stand straighter, feel stronger, and become more flexible. Designed for all fitness levels, this class will reduce your stress and relieve your pain.

**yoga sculpting:** A mixed style power yoga class incorporating light weights. Modifications are given allowing the students to choose the level of difficulty according to their needs. A great way to sculpt while getting all of the benefits of yoga class.

### **strength training**

**bodypump:** bodypump is the revolutionary new weight-training workout in a group fitness setting. You'll use barbells with adjustable weights, set to motivating music, and you'll burn up to 600 calories in an hour. **WARNING: bodypump is an exercise routine that gets results...fast!**

**boot camp:** high intensity interval training class featuring a quick intense dynamic warm-up followed by a strength training circuit, every workout will change giving you a new challenge each week!

**powersculpt:** Expect to get busy in this class with the use of weights and alternating repetitions. This class is for the serious fitness worshipper who likes workouts to be hard - just like their body.