



# newington group fitness schedule

effective 11/13/14 (\* denotes change)

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-farrah)  <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> (60 minutes-samantha)	<b>5:45a spinning</b> (60 minutes-rebecca)  <b>9:00a spinning</b> (60 minutes-kim)  <b>9:00a bodypump</b> (60 minutes-rick)  <b>10:00a power yoga</b> (60 minutes-iris m.)	<b>6:00a bodypump</b> (60 minutes-farrah)  <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>10:00a bodypump</b> (60 minutes-theresa)  <b>11:00a spinning</b> (60 minutes-chris)	<b>5:45a spinning</b> (60 minutes-lisa )  <b>9:00a spinning</b> (60 minutes-kim)  <b>9:00a bodypump</b> (60 minutes-theresa)  <b>10:15a INSANITY</b> (30 minutes-farrah)  <b>11:00a bodyflow</b> (60 minutes-allison)	<b>6:00a bodypump</b> (60 minutes-andy)  <b>6:00a spinning</b> (45 minutes-julie)  <b>9:00 basic training</b> (45 minutes-stacy)  <b>9:45a bodypump</b> (60 minutes-sue)  <b>11:00a spinning</b> (60 min-samantha)	<b>7:30a spinning</b> (60 minutes-kim/vito)  <b>8:30a straight up strength</b> (45 minutes-kerrie)  <b>9:00a spinning</b> (60 minutes-rick)  <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>10:15a spinning</b> (60 minutes- tim)  <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 w.)  <b>10:15a bodypump</b> (60 minutes-tracy)  <b>11:30a avid yoga</b> (75 minutes - chris)
<p style="text-align: center;"><u>PM</u></p> <b>5:00p pilates</b> (45 minutes-elaine)  <b>5:30p spin lite</b> (30 minutes-kelly)  <b>5:45p bodycombat</b> (45 minutes-jill k.)  <b>6:15p spinning</b> (60 minutes-kathy)  <b>6:30p bodypump</b> (60 minutes-cindy)  <b>7:30p ZUMBA</b> (60 minutes-cindy)	<p style="text-align: center;"><u>PM</u></p> <b>4:30p ZUMBA</b> (40 minutes-iris w.)  <b>5:15p abs express</b> (15 minutes- rick)  <b>5:30p bodypump</b> (60 minutes-rick)  <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)	<p style="text-align: center;"><u>PM</u></p> <b>5:00p pilates</b> (45 minutes-carrie)  <b>5:30p spin lite</b> (30 minutes-kelly)  <b>5:45p bodycombat</b> (45 minutes-andy)  <b>6:15p spinning</b> (60 minutes -claudia)  <b>6:30p bodypump</b> (60 minutes-andy)  <b>7:30p ZUMBA</b> (60 minutes - jill k.)	<p style="text-align: center;"><u>PM</u></p> <b>4:30p ZUMBA</b> (40 minutes-iris w.)  <b>5:15p abs express</b> (15 minutes- iris w.)  <b>5:30p bodypump</b> (60 minutes-tracy)  <b>5:45p spinning</b> (60 minutes-julianne)  <b>6:45pm INSANITY</b> (30 minutes-kerrie)  <b>7:30p calming yoga</b> (60 minutes - chris)	<p style="text-align: center;"><u>PM</u></p> <b>5:30p bodypump</b> (60 min-rick/tracy)  <b>5:30p spinning</b> (60 minutes- chris)		
<b>new britain spinning schedule</b>						
<b>5:30p spinning</b> (60 minutes-pam)	<b>5:45p spinning</b> (60 minutes-jill a.)	<b>5:45a spinning</b> (60 minutes-thomas)  <b>5:30p spinning</b> (60 minutes-rich)	<b>5:45p spinning</b> (60 minutes-jill a.)	<b>5:45a spinning</b> (60 minutes-thomas)	<b>9:00a spinning</b> (60 minutes-jill a.)	<b>9:00a spinning</b> (60 minutes-jennie /bob)

## bike training

**spin lite:** It may be half the time of our other spinning class but don't be fooled about the workout you will receive in this class! This class may be the place to start for beginners.

**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 weights, no dance steps, and no experience necessary, just the desire to raise your heart rate to it's maximum while giving you an overall workout.

**cardio blast:** Cardio Blast gives you a taste of what started it all, hi/lo aerobics. If you're looking for a fun, high energy choreographed cardio class filled with enthusiasm and great music - this is it!

**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.

**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.

**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.

## mind, body & core

**avid yoga:** A moderately paced class appropriate for experienced through advanced students. A mixed style class incorporating power yoga as well as attention to alignment and technique. Modifications are given allowing the students to choose the level of difficulty according to their needs. A great way to energize your day and to be inspired by your fellow students of all levels.

**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.

**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.

**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.

## 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!

**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.

**straight up strength:** Just hard work that will push you to the max! A great free weight workout that challenges your entire body.