



newington group fitness schedule

effective 4/22/25 (* 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>
	6:00a bodypump (60 min- jessica)		6:00a spin (45 min-chris)			
9:00a bodypump (60 min-rick)	9:00a spin (45 min-rick)	9:00a bodypump (60 min-beth)	9:00a spin (45 min-kelly m.)	9:00a cx works - core (30 min-beth)	8:00a spin (45 min-rick)	9:00a spin (45 min-lauren)
	9:30a cx works-core (30 min-beth)	10:15a bodyflow (55 min-beth)		9:45a bodypump (60 min-rick)	8:30a bodycombat (45 min- jill k.)	9:00a zumba (50 min-yari)
	10:00a bodycombat (45 min-jessica)		10:00a bodycombat (45 min-jessica)		9:00a spin (45 min-denise)	10:00a bodypump (60 min)
5:00p abs express (20 min-cindy)		5:00p abs express (20 min-jessica)			9:30a bodypump (60 min- jill k.)	11:15a yoga sculpt (75 min-chris)
5:30p bodypump (60 min-cindy)	5:30p bodycombat (45 min-jill k.)	5:30p bodypump (60 min-jessica)	5:30p bodypump (60 min-lisa)		10:45a zumba (45 min-gianna)	
5:30p spin (45 min-kelly m.)	6:30p bodypump (60 min- jill k.)	5:30p spin (45 min-marc)	6:30p yoga (60 min-jean)			
7:00p zumba (45 min-orlando)		7:00p zumba (45 min-orlando)				

Group fitness class descriptions

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.

cardio

zumba: A fusion of Latin AND International music with easy to follow moves. You'll combine high and low-intensity for an interval style, calorie burning DANCE party!

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, taekwondo, tai chi and muay tai. Strike punch and kick your way through calories to superior cardio fitness. Unleash yourself!

mind, body & core

bodyflow: A 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 creates a workout that brings the body into a state of harmony and balance.

Cxworx-core: Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? Cxworx 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.

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 sculpt: 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 a 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!

Abs express: A core workout for incredible core tone and sports performance. You'll build strength, stability, and endurance in the muscles that support your core, assist injury prevention, and become better at everything you do. It's challenging but achievable whatever your level of fitness.

virtual classes ****available with BLUE, PURPLE & YELLOW Memberships****In addition to our LIVE classes in-club you can get access to over 750 VIRTUAL classes! Choose from a variety of formats including strength, cardio, dance, yoga, and everything in between - ASK US TODAY how you can take the classes you love, wherever you are, whenever you want, 24/7!