



newington group fitness schedule

effective 4/20/12 (* 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 minutes-jeff)	5:45a spinning (60 minutes - erin)	6:00a bodypump (60 minutes-rebecca)	5:45a spinning (60 minutes-lisa)	6:00a bodypump (60 minutes-andy)	7:30a spinning (60 minutes-mike)	
9:00a bodycombat (45minutes - theresa)	9:00a spinning (60 minutes-kim)	7:30a spinning (45 minutes - mike)	9:00a spinning (60 minutes-kim)	9:00 basic training (45 minutes-stacy)	8:30a straight up strength (45 minutes-kerrie)	8:45a spinning (60 min- steve/rebecca)
9:00a spinning (60 minutes-terry)	9:00a bodypump (60 minutes-rick)	9:00a bodycombat (60 minutes-allison)	9:00a bodypump (60 minutes-mike)	9:45a bodypump (60 minutes-debra)	9:00a spinning (60 minutes-rick)	9:00a ZUMBA ! (60 minutes-iris)
9:45a powersculpt (45 minutes-stacy)	10:00a power yoga (60 minutes-iris)	10:00a bodypump (60 minutes-debra)	10:15a ZUMBA ! (60 minutes-debra)		9:15a abs express (15 minutes-kerrie)	10:00a bodypump (60 minutes-tracy)
10:30a cardio step (45 minutes-stacy)					9:30a butt buster (15 minutes-kerrie)	11:15a avid yoga (75 minutes - chris)
11:00a spinning (60 minutes-debra)				11:00a spinning (60 minutes-debra)	9:45a t-max (30 minutes-kerrie)	
PM	PM	PM	PM	PM	10:15a bodypump (45 minutes-cindy)	
4:00p isolate bodysculpt (55 minutes-charlie)	4:30p ZUMBA ! (40 minutes-iris)	5:00p pilates (45 minutes-carrie)	4:30p Full Throttle (40 minutes- karla)	5:30p bodypump (60 min-rick/tracy)	10:15a spinning (60 minutes- julianne)	
5:00p pilates (45 minutes-elaine)	5:10p abs express (20 minutes- jeff)	5:30p spin lite (30 min - valentin)	5:10p abs express (20 minutes- jeff)	5:30p spinning (60 minutes- cora)	11:00a ZUMBA ! (60 minutes-cindy)	
5:30p spin lite (30 minutes-rick)	5:45p spinning (60 minutes-julianne)	5:45p bodycombat (45 minutes-andy)	5:30p bodypump (60 minutes-jeff)			
5:45p bodycombat (45 minutes-jill)	5:30p bodypump (60 minutes-jeff)	6:15p spinning (60 min - valentin)	5:45p spinning (60 minutes-julianne)			
6:15p spinning (60 minutes-rick)	6:30p kickbox jam (45 minutes- karla)	6:30p bodypump (60 minutes-andy)	6:30p 3D (60 minutes- kerrie)			
6:30p bodypump (60 minutes-cindy)	7:15p center focus (15 minutes- karla)	7:30p ZUMBA ! (60 minutes-iris)	7:30p calming yoga (60 minutes - chris)			
7:30p ZUMBA ! (60 minutes-cindy)	7:30p power yoga (60 minutes-carrie)					

new britain spinning schedule

5:30p spinning (60 minutes-erin)		5:45a spinning (60 minutes-thomas)	5:45p spinning* (60 minutes-jill) Starts 4/26	5:45a spinning (60 minutes-thomas)	9:00a spinning (60 minutes-jill)	
		5:30p spinning (60 minutes-rich)				