

GROUP

FREE PROGRAMS

Effective January 17, 2012

ACTIVITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Core Fusion Studio 2-Debi	8:00am Body Pump Studio 2-Debi	6:00am Tabata Studio 2- Joe	7:45am Muscle Works Studio2- Debi	6:00am Cycling Cycling Room-Renee	7:45am Vinyasa Yoga Studio 1- Kristin	9:00am Cycling Cycling Room-Lisa/TBD
8:20am Muscle Works Studio 2-Lisa	9:15-10:00am Zumba Cardio Party Studio 2-Debi	8:30am Ab Lab Studio 2-Lisa	8:45 am Step Studio 2- Debi	8:30am Tabata Studio 2-Renee	8:00am Body Pump Studio 2-Dawn	9:15am Step It Up Studio 2-Lisa /Tamzin
9:30am Zumba Studio 2-Liz	9:00am Cycling Cycling Room- Laura	9:00am Total Body Blast Studio 2-Lisa	9:00 am Cycling Cycling Room-Sue	9:30am TurboKick Studio 2-Lisa	9:00am Zumba Cardio Party Studio 2-Debi	
9:00am Cycling Cycling Room-Sue	10:00 am Pilates Studio 1- Debi	9:00 am Yoga Studio 1- Suzette	9:30am Body Pump Studio 2- Amanda	9:15am Cycling Cycling Room-Sue	9:00am Cycling Cycling Room-Rob	<p>Hours of Operation</p> <p>Monday-Friday 5:30am –10:00pm</p> <p>Saturday & Sunday 7:00am-6:00pm</p> <p>Childwatch</p> <p>Monday-Friday 8:30am-12:30pm 4:00pm-7:30pm</p> <p>Saturday 8:00am-1:00pm</p> <p>Sunday 9:00am-1:00pm</p>
10:30am Low Impact Aerobics Studio 2-Kathryn	10:00am TRX Studio 2- Lisa	9:45 am Sh'bam Studio 2- Corey*	10:00am Pilates Studio 1- Kathryn	9:00am Yoga Studio 1-Lester		
5:45pm Zumba Studio 2- Vanessa	11:00am Aqua Fit Pool- Cheryl	10:30am Zumba Gold Studio 2-Virginia	11:00am Aqua Fit Pool-Cheryl	10:30am Basic Studio 2-Kathryn	<p>All classes 50 minutes unless otherwise noted</p> <ul style="list-style-type: none"> Begins the first Wednesday in February 	
6:00pm Cycling Cycling Room- Scott	5:45pm Turbo Kick Studio 2- Lisa	5:15 pm Body Pump Studio 2- Karen		6:00pm Body Pump Studio 2- Margarite		
6:30pm Tabata Circuit Studio 2- Donna	6:00 pm Cycling Cycling Room- Rob	6:15 pm Zumba Studio 2- Brenda	6:00 pm Strike Bootcamp Studio 1- Donna			
6:45pm PiYo Studio 1- Vanessa	6:00pm Yoga Studio 1- Kristen	6:30pm Cycling Cycling Room- Nyree	6:00pm Cycling Cycling Room- Scott			
7:20 pm Total Body Fit Studio 2- Tamzin		7:15 pm Total Body Fit Studio 2 - Tamzin				



130 Grove St • New Milford, CT • 06776
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www.newmilfordsportsclub.com

AB LAB

A class devoted to strengthening and toning the abdominal and back muscles.

AQUA FIT

Come jump in to a fun, awesome, wet workout. If you like the water you will love this class. Work every inch of your body with absolutely no stress on your joints.

BASIC

Starts with a low impact aerobic portion and ends with light weights and stretching. Class is easily modified to all levels of ability.

BODY PUMP

This 60 minute workout challenges all your major muscle groups by using the best weight room exercises. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and FAST! BURN 650 CALORIES DURING THIS ONE HOUR WORKOUT. Studies also prove doing Body Pump twice a week burns 23% more BELLY FAT!

CARDIO ZUMBA PARTY

This class brings the fun back to fitness.. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

CORE FUSION

Work your core for 30 minutes. Core includes abdominals, hamstrings, glutes, and back. This class is functional in every sense of the word. Think its easy? We challenge you to try it.

TOTAL BODY BLAST

This workout will deliver progressive and a fun variety of muscle exercises. No two workouts are alike which keeps your body guessing and prevents muscle memory. This workout will use whole body integration for maximum metabolic rate and increased calorie expenditure

PiYo.

A great way to start your week. This class incorporates both pilates and yoga. Sure to be on your favorites!

CYCLING

Fantastic heart pumping workout. Taught on a stationary bike, you will climb, sprint, and train to incredible music.

TOTAL BODY FIT

Class starts with a 30 minute aerobic portion then strengthening/sculpting using weights/balls. Class ends with abdominal exercises and a nice yoga-style stretch. Class is designed for all fitness levels.

LOW IMPACT AEROBICS

This is a great introduction to group activity classes. Start with a workout that includes light weights and stretching . You can modify your movements to your ability in this class. Enjoy and have fun!

MAT PILATES

A wonderful total body workout focuses on quality over quantity to lengthen and strengthen your muscles, and increase core stability.

MUSCLE WORKS

A full hour of weight training using a variety of equipment. All muscle groups are challenged in this great total body workout.

STEP IT UP

A fun and challenging workout that combines cardio training with muscle strengthening . A great way to start your Sunday!

TABATA

High Intensity, Timed, Interval Training. This class will test your fitness level! This cardio/strength circuit keeps you moving and consistently introduces new challenges for a full body workout.

TURBOKICK

Jab, punch and crunch your way to a fitter you! Hot music and heart pumping moves that will keep you coming back for more!

TRX

The newest and most innovative way to train. Burns body fat and calories like no other workout. Think you are in good shape? Take our challenge, the results are worth it.

VINYASA YOGA

Vinyasa Yoga teaches you to synchronize your breath and movement, therefore leading to less stress, the ability to alleviate tension and increase focus. This class is appropriate for beginner and up.

YOGA

Complete your wellness routine with Yoga. Experience a soothing release of tension held in the body. Strengthen, tone, and relax.

AQUA ZUMBA

Everything you love about Zumba, but no impact! Ditch the workout, party Zumba style.

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Come Join The Party!

ZUMBA GOLD

A low impact cardio and toning workout. A great way to try Zumba. No dance experience required.

PILATES

Enhanced classic mat through the use of many props including balls and bands. This class will tone you from head to toe. Teaches body awareness and good posture while increasing core strength.

SH'BAM

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star – even if you're dance challenged. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute SH'BAM™ class is vibrant, unique and varied.

Instructors

Group Activity Director
Lisa Lee

Laura Mount
Cheryl Caridad
Kristin Wilkins
Virginia Chesney
Karen Browne
Liz Ferris
Nyree Pieck
Debi Fitzgerald
Renee Newkirk
Scott Smith
Suzette Caldwell
Corey Smith

Rob Lynch
Tamzin Marchese
Joe Toissant
Betty Rybos
Kathryn Smith
Vanessa Anderson
Dawn Masella
Lester Riley
Sue Perreira
Brenda Rodriguez
Amanda Halim

Hours of Operation

Monday-Friday
5:30am –10:00pm

Saturday & Sunday
7:00am-6:00pm

Childwatch

Monday-Friday
8:30am-12:30pm
4:00pm-7:30pm

Saturday
8:00am-1:00pm

Sunday
9:00am-1:00pm



Schedule subject to change.
Please call to confirm a class 860-350-1003

*Members new to spin should arrive 15 minutes prior to the start of class.