

# PAID PROGRAM SCHEDULE

January 1, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00am Jazzercise Studio 1	
9:00am Kettlebell Circuit Studio 1- Dave						
	10:00am TRX Studio 2- Debi					

			4:00pm Tiny Kicks Studio 1- Donna	
	4:30pm Lil Kicks Studio 1- Donna		4:30pm Lil Kicks Studio 1- Donna	
5:30pm Jazzercise Studio1		5:30pm Jazzercise Studio 1		5:30pm Jazzercise Studio 1
		6:30pm Kettlebell Circuit Studio 1- Dave	7:15pm Ballroom Dance Studio 2- Ray/Anita	
	7:00pm Tae Kwon Do Studio 1- Donna		7:00pm Tae Kwon Do Studio 1- Donna	

## 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**  
9:00am-1:00pm



130 Grove St \* New Milford, CT \* 06776

860-350-1003

www.newmilfordsportsclub.com

## AB LAB

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

## BASIC

New to group activity? Nursing an injury? Or maybe you don't like complicated choreography! BASIC is the right class for you. Starts with a low impact aerobic portion and ends with light weights and stretching. Class is easily modified to all levels of ability.

## BOOTY KICKIN' STEP\*

This high-powered workout offers participants the latest in step choreography. Class includes strength training and abs at the end of class.

## BUTT BLASTER

Work those glutes to the max in this intense glute workout.

## CARDIO JAM

Combines traditional cardio moves with dance choreography for non-stop groove. Ends with a great ab workout.

## CIRCUIT CITY

This fast paced class includes both strength training and cardio through an interval style workout. These high intensity fitness drills will elevate your heart rate and give you a workout that is sure to burn a ton of calories!

## CORE FUSION

Work your core for 30 minutes. Think its easy? We challenge you to try it.

## CYCLING

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

## CYCLE TO THE CORE

Enjoy a 40 minute cycling class and end with a great core workout.

## DAILY FIT

A full body work out. Class starts with a 30 minute aerobic portion (aerobics/Zumba +/- or step), then strengthening/sculpting using weights/balls. Class ends with abdominal and core stability exercises and a nice long yoga-style stretch. Class is designed for all fitness levels (modifications will be given if needed).

## ENERGY SCULPT

You want an intense workout? Try this low-impact, weighted class that uses hand weights.

## JOLTED\*

This 50 minute class starts out with a jolt in the Studio Cycling room and then ends with a core training in the Master Studio. This workout is sure to get you energized for the rest of your day!

## 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 PLIATES

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.

## PIYO

An athletic blend of Pilates and Yoga. This is a great class and a challenge to all levels of participants.

## POWER VINYASA YOGA

This class is designed to push your practice deeper through more advanced postures. This class is appropriate for intermediate to advanced students.

## PSYCHED ABOUT CYCLING

Upbeat energetic cycling class that will get you pumped about spin.

## READY...SET...GO!\*

Tired of confusing choreography? Check out this intense workout. This class included a combination of plyometrics, strength training and advanced cardio drills set to timed intervals. This workout is sure to get you in the best shape of your life!

## STEP IT UP

Combines traditional step training and weights for a great workout.

## THE RIDE\*

An advanced high intensity cycling ride. End this class with a nice cool down and stretch. Water and towel required. Reserve your spot at reception up to one week in advance.

## TABATA THURSDAY

High Intensity, Timed, Interval Training.

## TOUR DE SPIN

Alan will take you through a high energy class using, sprints, climbing mountains and rolling hill stages. This class will inspire you and test your athletic endurance.

## TURBO KICK

A calorie blasting kickboxing and body sculpting workout combined with the hottest dance music, all guaranteed to give you jaw dropping results, no matter what your fitness level.

## 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.

## WALLYBALL

Join us every Friday night in the first racquetball court as we play wallyball. It's more social than competitive and its for all levels.

## WATER AEROBICS

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. Feel invigorated.

## YOGA

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

## ZUMBA

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

## ZUMBA GOLD

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

## Instructors

Group Activity Director  
Lisa Lee

Alan Arellano  
Jamie Bennett  
Cheryl Cheridad  
Virginia Chesney  
Chris De Mott  
Dina Ferrante  
Debi Fitzgerald  
Kathy Henkel  
Karen Horvath  
Taylor Kelly

Maggie Meriwether  
Tamzin Marchese  
Stacie Perachi  
Kathryn Smith  
Jill Svaleson  
Kristina Root  
Betty Rybos  
Valerie Walsh  
Kristin Wilkins

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8:00am-2:00pm

**Sunday**  
9:00am-2:00pm



\*Intermediate/Advanced Classes

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.