



GROUP FITNESS SCHEDULE

Effective 6/28/2010

	Time	Class	Instructor	Location
MON	7:00 - 8:00 AM	F*I*T	Moe	*Turf
	8:30 - 9:25 AM	SPINNING	Brigette	Studio
	8:30 - 9:00 AM	\$ Stay Active \$	Rebecca	Court 4
	9:15 - 10:15 AM	\$ Cardio Tennis \$	Maureen	Court 3
	★ 9:35 - 10:30 AM	NEW! ZUMBA	Allejandra	Studio
	4:30 - 5:30 PM	20/20/20	Anne	Studio
TUE	9:30 - 10:30 AM	Yoga	Trish	Studio
	5:00 - 5:20 PM	20 Minute Abs Blast	Rebecca	Studio
	5:35 - 6:35 PM	SPINNING*	Mickey	Studio
	6:45 - 7:30 PM	The Circuit	Rebecca	Studio
WED	8:00 - 9:00 AM	\$ Cardio Tennis \$	Maureen	Court 3
	9:30 - 10:30 AM	Body Sculpting	Jill	*Turf
	5:30 - 6:30 PM	ZUMBA	Winnie	Studio
THU	8:30 - 9:00 AM	\$ Stay Active \$	Susan	Studio
	★ 9:30 - 10:30 AM	NEW TIME SPINNING*	Brigette	Studio
	5:00 - 6:15 PM	\$ Boxing Clinic \$	Mario	Track
	5:30 - 6:25 PM	Yoga	Karen	Studio
	6:35 - 7:30 PM	SPINNING*	Mario	Studio
FRI	9:30 - 9:50 AM	Abs Blast	Rebecca	Studio
	10:00 - 11:00 AM	Body Sculpting	Jill	*Turf
SAT	8:15 - 9:15 AM	SPINNING*	Mario	Studio
	9:30 - 10:15 AM	SPINNING*	Mario	Studio

* Classes held on Turf are subject to change location due to availability

* SPINNING: Reservations available 24 hrs in advance at the fitness desk in person or by phone (ext 105).
 \$ Boxing, Stay Active & Cardio Tennis: Six week programs. Please see fitness center regarding dates & rates.

4 PRIMROSE STREET FAIRFIELD HILL CAMPUS NEWTOWN, CT (203) 426-0088

www.newtownyouthacademy.org

Fitness Center Hours:
 Monday-Friday: 5:30am-9:00pm
 Saturday & Sunday: 8:00am-5:00pm

Childcare Hours:
 Mon 8:30 am - Noon
 Tues-Fri: 9:00 am-Noon
 Saturday: 9 - 11am