

SPINNING: The ultimate calorie burning workout. Build endurance, speed and power while burning up to 800 calories per class. Work to maintain or lose body weight while riding between 15 and 22 miles a day. Realize a “new you”. Space is limited. Please call up to 24 hours ahead to reserve a bike.

F.I.T. Functional Interval Training... The F.I.T. workout is a unique class that implements your body as a means to achieve total fitness. This creative class can quickly increase strength while also burning fat and calories therefore resulting in the best “you” anyone has ever seen. This class is adaptable to increase the fitness level of any individual from beginner to the elite athlete.

ZUMBA: Combination of Latin and International music-dance themes creating a dynamic and exciting calorie burning workout. Uses fast and slow rhythms to improve aerobic capacity and overall fitness.

20/20/20: 20 minutes of cardio, 20 minutes of toning and 20 minutes of Pilates uniquely compiled in this one hour class help you to get your total body conditioned.

YOGA: Experience a soothing release of tension in the body. Strengthen, tone, and relax.

20 MINUTE ABS BLAST: Each 20 minute focus class is designed to tighten and tone your tummy. Work your entire core with functional and basic abdominal work including body weight, free weights, pilates rings and stabilization.

BODY SCULPTING: Perfect class for any fitness level! Total body sculpting using low impact muscle conditioning and core exercises. This class utilizes multiple tools; dumbbells, body bars, stability balls and floor tubing to strengthen and tone isolated muscles.

BOXING: The ideal class to work on all aspects of your fitness. This class will help increase your flexibility, strength and speed while improving your stamina, coordination and balance. Space is limited, see fitness desk for rates and registration.

STAY ACTIVE: A 30 minute class designed for seniors to achieve better health by increasing your flexibility, strength, balance and circulation through regular exercise. 6 week weight training and track membership. See fitness desk for rates and registration.

THE CIRCUIT: Challenge yourself with this 45 minute total body workout. This is a strength induced high and low impact cardio circuit. Maximize strength and muscle endurance at your ability level! Classes run in 6 week cycles to allow progression of skills, all fitness levels welcome.

INCLEMENT WEATHER POLICY: (Based on Newtown Schools)

School Cancellations – all morning classes will be canceled and there will be no childcare available. Please call to confirm evening classes.

School Delays – If there is a 90 minute delay, early A.M. classes will be cancelled and 9:30 classes will begin at 10 AM. Childcare will open at 10AM

Please feel free to visit our website www.newtownyouthacademy.org for further information.