

**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.

**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.

**CARDIO KICK:** A high energy and maximum impact workout for any fitness level. Fitness kickboxing is a great way to tone your arms, shoulders, legs and glutes while burning away the calories. No equipment needed.

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

**ABS BLAST:** 20 minute focus class. Tighten, sculpt, and strengthen your entire core with a combination of medicine balls, stability balls, floor exercises and body weight resistance. Exercises can be altered for different levels of ability. Perfect at the beginning, middle or end of your work out.

**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.

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**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, the 9:30 classes will begin at 10 AM. Childcare will open at 10AM

**Please feel free to visit our website at [www.newtownyouthacademy.org](http://www.newtownyouthacademy.org) for further information.**