

NYA Group Fitness Schedule

(F)Field House (S)Studio (T)Turf

Effective May 14, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35a		SPINNING Liz		SPINNING Liz			
6:00a	Functional Fitness-\$\$						
7:00a	F.I.T. (T) Moe						
8:15a		Stay Active-\$\$ Susan		Stay Active-\$\$ Susan		SPINNING Alt.	
8:30a	SPINNING Brigitte	Athletic Conditioning (T) MaryAnn	BODYPUMP Zoey				BODYPUMP (T)Zoey
9:00a				Pilates(T) MaryAnn	BODYPUMP Kim		
				The Method (F) Brandi			
9:15a		Yoga(S) Joyce					
9:30a	Burn and Build(F) Donna	BODYPUMP Liz	SPINNING Kim		SPINNING MaryAnn	SPINNING Alt.	Yoga (S) Kate
	Body Sculpting(T) Jill		Body Sculpting(T) Jill				
9:45a		Boxing(S)-\$\$ Joe					
10:00a				Zumba(S) Corey	Body Sculpting(T) Jill		
10:30a							
4:30p		20/20/20(S) Anne					
5:00p			Pilates(S) Angie				
5:30p	SPINNING MaryAnn	P/S/R(S) Mickey		Yoga(S) Karen	Boxing(S)-\$\$ Joe		
6:00p			BODYPUMP (T) Liz				
			SPINNING Joe				
6:30p				Body Blitz (S) Marni			



www.nyasportsfitness.com

\$\$-Stay Active, Boxing and Functional Fitness are paid classes. Please see the Fitness Desk for information on rates and dates. (203) 304-1830 X 105

Childcare: Monday-Friday, 8:30am-Noon
Saturday: 9:00am-11:00am

Fitness Center Hours: Monday-Thursday 5:30am-9:00pm, Friday 5:30am - 8:00pm
Saturday 7:00am-5:00pm, Sunday 8:00am-3:00pm