

GROUP EXERCISE AT NEWPORT ATHLETIC CLUB

66 Valley Road, Middletown, RI ♦ 401.846.7723 or www.newportathleticclub.com

SCHEDULE EFFECTIVE MAY 14, 2012

	MON	TUE	WED	THU	FRI	SAT	SUN
6:45 AM	GROUP STEP & POWER COMBO ANNA	SUNRISE YOGA/ FLEXIBILITY NICOLE	GROUP STEP & POWER COMBO ANNA	ZUMBA TURF&SURF LISA	SUNRISE YOGA/ FLEXIBILITY NICOLE		
8:00 AM	ZUMBA TAG TEAM LISA	BOUNCE, SWEAT & TEARS TRACY	BASIC LOW LISA	GROUP POWER ANNA	BOUNCE, SWEAT & TEARS CHERYL	GROUP POWER ANNA	
8:15 AM							ZUMBA TURF&SURF LISA
9:00 AM	HIIT CHRISTINE (Racquetball Court #3)		ZUMBA ZAIDA		GENTLE YOGA II AND GUIDED MEDITATION (Racquetball Court #3) NICOLE		
9:15 AM	WEIGHTS STEPH	STEP MOVES KRISTIN		BOUNCE, SWEAT & TEARS TRACY	HELL'S BELLS KATHY L.	ZUMBA YASMINE	
9:30 AM							VINYASA FLOW NICOLE
10:00 AM			N.Y.C @ The NAC LISA				
10:15 AM	CORE ESSENTIALS STEPH (20 Min)				N.Y.C @ The NAC LISA		
10:30 AM		GENTLE YOGA NICOLE		PILATES BETH (Racquetball Court #3)		VINYASA FLOW KAREN	
10:45 AM	FLEXIBILITY TRAINING STEPH						CARDIO BLAST HEIDI
11:00 AM			FLEXIBILITY TRAINING STEPH		FITNESS MADE SIMPLE STEPH		
12:00 PM	TRX STEPH	YOGA NICOLE	RIPPED BRIDGET	TRX KATHY (Multi-Sport Court) ----- ZUMBA 1/2 ZUMBA TONE ZAIDA			ZUMBA AIME
4:30 PM	BOUNCE, SWEAT & TEARS CHERYL	ZUMBA HARD CORE FIT CHERYL	CARDIO KNOCKOUT JESSICA	GROUP STEP ANNA	ZUMBA TRES AMIGOS		
5:35 PM	ZUMBA LISA & CO	KICKBOXING KIM	GROUP POWER ANNA	KICKBOXING KIM	GROUP POWER BARB		
6:40 PM	GROUP POWER BARB		ZUMBA ZAIDA	VINYASA FLOW LESLIE			

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DIRECTOR: LISA BRACKEN. **INSTRUCTORS:** YASIMINE ANDRADE, NICOLE DIESO, KIM DUGAN, ANNA GIBBONS, BARB GRADLEY, JESSICA GREGSON, HEIDI JONES, ZAIDA HUMHREY, CHERYL KEARNS, BETH KERR, KATHY LAVIGUER, AIME LYKINS, STEPHANI SYNNOTT, LESLIE THIEBOLD, TRACY TRUBOVICH, KAREN VACARRO, KRISTIN CORREIA, BRIDGET DAFFRON.

Group Exercise Descriptions

Key: B= Beginner I= Intermediate A= Advanced

BOUNCE SWEAT AND TEARS (B, I, A) – A trampoline workout combined with intervals of plyometrics and weights for strength training for complete body workout.

CARDIO KNOCKOUT (B, I, A) A Mix of boxing, core, strength, and cardio. This class has fitness levels that everyone can benefit from. This has a lot to offer in a short amount of time.

CARDIO BLAST – This class has a variety of all fitness components and you can really push yourself to get your best workout.

FITNESS MADE SIMPLE (B) – This basic class offers participants an overall body workout including cardio, upper and lower body toning as well as core training, flexibility and stability training.

FLEXIBILITY TRAINING (B, I, A) – A stretch class that focuses on building flexibility as well as developing focus and meditation skills. A great stress reducer as well as a flexibility trainer!

GROUP POWER (B,I,A) – This barbell program strengthens all your major muscles in an inspiring, motivating group environment. With simple, athletic movements Group Power is for all ages and fitness levels.

GROUP STEP (B,I,A,) – This cardio step class strengthens and shapes the lower body. Energetic music and motivating instructors create this spunky group experience.

HIIT (I, A) – A combination of TABATA training (high and low intensity cardio intervals) and kettlebell training

KICKBOXING (B, I, A) – This class will KICK your body into shape. You will learn punches and kicks to get you a well-rounded workout and will BURN calories. With plyometric fast moves that will make you sweat and rock your CORE!!!!!!

N.Y.C. @the NAC – Want a dancer's body ? well this revolutionary fitness program based on the New York City Ballet Workout will help you develop abdominals, firm buttocks , a contoured waist , slim thighs , strong arms , perfect posture, flexibility you never thought you had – and the grace and poise of a dancer. Developed by ballet master in chief Peter Martins for the NYCB, this combination of low impact elements of dancers' daily routines with efficient strength-building exercises can help people of all ages and fitness levels.

RIPPED (I, A) – This total body, high intensity style session utilizing free weights, resistance, and body weight, masterfully combines the components of RIPPED.

STEP IN YOUR BOUNCE – This multi-leveled workout puts the emphasis on sustained cardio yet with the options and cross training that minimize injury from over use. 30 minutes of energizing step routines followed by 30 minutes of multi –leveled trampoline combinations that utilize this tool for the benefits it promotes that include a high cardio aerobic workout along with the stimulating of the lymphatic system and reflexology points in the feet. You can do one part or all parts of the class to suit your workout desires and needs. This is a good way to incorporate new approaches to your workout routine and relieve overuse or boredom with a broader scope of activities.

STEP MOVES (B, I, A) – 45 minutes of fun step choreography to challenge your body for a complete cardio workout. Light hand weights may be used. Followed by a cool down on the floor and core work.

TRX (I, A) – This popular suspension training session builds strength, flexibility, and endurance while burning calories and strengthening your core.

WEIGHTS (B, I, A) A full body weighted workout using hand held weights and resistance props. The goal is to build strength and sculpt the body through pyramid training.

ZUMBA (B, I, A) – Zumba is a fun, effective, and simple fitness system that uses the explosive Latin rhythms create a party like atmosphere that deliver results, as well as a “feel happy” workout.

ZUMBA HARD CORE FIT (B,I,A) – This class incorporates 3 fitness tools, cardio dance, heavy weights and core. Twenty minutes of each will test your fitness level.

ZUMBA “TURF & SURF” – This class starts with the traditional hour long Zumba land class then immediately goes to the pool for the second part of the class (which is optional) to have another vigorous hour workout with great music but without the impact of a land workout. Participants can do either part of the workout (land or water), or hopefully both. Great crosstraining.

ZUMBA AND 1/2 TONING – The first half of this class is a traditional Zumba class, the second half is Zumba toning performed with Zumba sticks or light weights. Giving the benefits of a cardio workout and then the benefits of working specific muscle groups to create tone and definition.

ZUMBA, LISA & CO. – This a traditional Zumba class with guest instructors who participate and jump in to lead a number or two and add some extra flavor.

ZUMBA, TRES AMIGOS – This traditional Zumba class will have 3 different instructors teaching during the class. An orchestrated playlist with the instructors' selections will be rotated through in a pre-arranged order to ensure continuity, diversity in song selection, and smooth transitions from one instructor to the next, for a fun, fast & flavorful hour.

Mind, Body, and Spirit Descriptions

Key: B= Beginner I= Intermediate A= Advanced

GENTLE YOGA All Levels (B, I, A) – The class offers pose variations and modifications to accommodate anyone who wants the benefits of yoga. This class will relieve stress in the body as well as improve balance and focus. Gentle yoga can help the body recover from injuries and relief to the joints affected by arthritis.

HATHA YOGA – Uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Hatha yoga postures make the spine supple and promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

VINYASA FLOW YOGA for MULTI-LEVELS (B, I, A) – For all fitness levels provided students utilize instructor modifications. This class includes a dynamic series of asana (postures) that are linked through the breath. Students will learn proper alignment of asanas practiced. Yoga props are used to accommodate all levels.

SUNRISE YOGA/FLEXIBILITY (B, I, A) – All levels An energizing yoga practice. Start your morning with a practice that involves core strengthening, deep stretching and breath-body integration. This class focuses on improving your strength, flexibility and balance with a moderately paced Hatha yoga sequence.