

# Newport Swim & Fitness

Club Hours:  
 Mon- Thurs 5:30AM-11PM  
 Fri. 5:30AM-10PM  
 Sat/Sun. 8AM-8PM



# NEWPORT SWIM & FITNESS

Effective Date 1/16/16

Phone 201-626-3161  
 Winter 2017

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday                                     | Saturday   | Sunday                                       |
|--|--|--|---|--|--|--|
| Pilates<br>9:30 - 10:30 AM<br>Luis                 | Cycling<br>6:15 - 7:15 AM<br>Adam                    | Ultimate Total Fitness<br>6:15 - 7:00 AM<br>Jennifer | Power Yoga<br>6:15 - 7:00 AM<br>Lara              |  | Ninja Balance<br>9:00 - 10:00 AM<br>Mark             | Zumba Toning<br>10:00 - 11:00 AM<br>Khateeta |
| Dance Fusion<br>10:30 - 11:30 AM<br>Autumn         | Cardio Latin Dance<br>9:30 - 10:30 AM<br>Veronica    | Power Yoga<br>9:30 - 10:30 AM<br>Jin                 | Cardio Sculpt<br>12:15 - 1:00 PM<br>Federico      | Yoga Blend<br>9:30 - 10:30 AM<br>Tomas     | Aqua Power<br>10:30 - 11:15 AM<br>Luis               | Cycling<br>10:00 - 10:45 AM<br>Veronica      |
| Boot Camp Intensity<br>12:15 - 1:00 PM<br>Federico | Yoga<br>10:45 - 11:45 AM<br>Tomas                    | Boot Camp Intensity<br>12:15 - 1:15 PM<br>Veronica   | Zumba<br>6:00 - 7:00 PM<br>Raquel                 | Zumba<br>12:15 - 1:15 PM<br>Anitha         | Cycling Boot Camp<br>9:30 - 10:30 AM<br>Veronica     | Core & More<br>11:00 - 12:00 PM<br>Veronica  |
| BollyX<br>6:30 - 7:30 PM<br>Swarali                | Spinning/Conditioning<br>12:15 - 1:15 PM<br>Veronica | Core<br>6:00-6:30 PM<br>Rhonda                       | Spin Express<br>6:30 - 7:00 PM<br>Linda           | Pilates Sculpt<br>6:30 - 7:30 PM<br>Rhonda | Kickboxing Boot Camp<br>10:30 - 11:30 AM<br>Veronica | Yoga<br>12:30 - 1:30 PM<br>Jin               |
| Cycling<br>6:30 - 7:15 PM<br>Veronica              | Fit Camp<br>6:30 - 7:30 PM<br>Veronica               | Core Aqua Power<br>6:45 - 7:15 PM<br>Rhonda          | Conditioning<br>7:00 - 7:30 PM<br>Linda           |  | Vinyassa<br>12:00 - 1:00 PM<br>Luis                  | Yoga Gold<br>5:00 - 6:00 PM<br>Luis          |
| Advanced Cycling<br>7:30 - 8:15 PM<br>Veronica     | Cardio Boot Camp<br>7:30 - 8:30 PM<br>Federico       | Power Boot/Spin<br>6:30-7:30 PM<br>Veronica          | Boot Camp Intensity<br>7:30 - 8:15 PM<br>Federico |  | BollyX<br>4:30 - 5:30 PM<br>Swarali                  |  |
| Aqua Power<br>6:30 - 7:30 PM<br>Rhonda             | Advanced Cycling<br>7:30 - 8:30 PM<br>Lorenzo        | Pilates Fusion<br>7:00 - 7:30 PM<br>Luis             | Ninja Balance<br>8:30 - 9:30 PM<br>Mark           |  |  |  |
| Zumba<br>7:30 - 8:30 PM<br>Raquel                  | Zumba<br>8:30 - 9:30 PM<br>Raquel                    | Advanced Cycling<br>7:30 - 8:15 PM<br>Aya            |   |  |  |  |
| Ninja Balance<br>8:45 - 9:30 PM<br>Mark            |  | Power Yoga<br>7:30 - 8:30 PM<br>Luis                 |   |  |  |  |
|  |  | Advanced Body<br>Cond.<br>8:30 - 9:30 PM<br>Jennifer |   |  |  |  |