



NEWPORT SWIM & FITNESS

201-626-3161

Effective Date: 2/28/2022

**Live Class						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PIYO** 6:45- 7:45 AM Mary	Power Yoga** 6:45- 7:45 AM Lara		Yoga** 6:45- 7:45 AM Lara	PIYO** 6:45- 7:45 AM Mary	Body Conditioning** 10:00 - 11:00 AM TBD
Spin** 9:30 - 10:30 AM Veronica						Spin** 10:00 - 11:00 AM Veronica
BollyX** 9:30 - 10:30 AM Meredith			Reserved 10:00 AM - 12:00 PM			Zumba ** 11:00 - 12:00 AM Rowena
Yoga** 12:00 -1:00 PM Tomas	Boof Camp** 12:00 - 1:00 PM Federico	BollyX** 12:00 - 1:00 PM Meredith	Boof Camp** 12:00 - 1:00 PM Federico	BollyX** 12:00 - 1:00 PM Meredith		Vinyasa Yoga** 12:00 -1:00 PM Lara
	Body Conditioning** 6:30 - 7:30 PM Mark	Pilates** 6:30 - 7:30 PM Rhonda	Pilates** 6:30 - 7:30 PM Rhonda	Zumba** 6:30 - 7:30 PM Raquel	Body Conditioning** 6:30 - 7:30 PM Mark	
	BollyX** 7:30 - 8:30 PM Rajany	Spin** 6:30 - 7:30 PM Veronica	Zumba** 7:30 - 8:30 PM Rowena	Spin** 7:00 - 8:00 PM Lorenzo		
	Spin** 6:30 - 7:30 PM Kevin	Spin** 7:30 - 8:30 PM Veronica		BollyX** 7:30 - 8:30 PM Henna		
	Spin** 7:30 - 8:30 PM Kevin	Boof Camp** 7:30 - 8:30 PM TBD				

*Sign up for Virtual Classes at <https://www.nfclifestylelive.com>

** Live Classes: 12 Participants Max (10 for Spin). Reserve up to 3 days in advance online through the member Portal.

Class Description

ADVANCED BODY CONDITIONING

A sport-oriented workout alternating no frills aerobic drills with total body conditioning using weights, body bars and manual resistance to develop sleek legs, tight abs and a strong, toned upper body. The ultimate fat burner! All levels welcome

ADVANCED CYCLING/ CYCLING

Simulated cycling on an adjustable, stationary bicycle set to music. A great calorie burner. Advanced class for cycling students who want to take it up a notch! (If you are attending class for the first time arrive early for assistance with bike set up.)

BOLLYX

A Bollywood inspired dance program that combines dynamic choreography with great music and uses interval training techniques. All levels welcome, come ready to sweat!

CYCLING BOOT CAMP

This hyped up class incorporates strength training while cycling, creating the ultimate full body workout. Be ready to sweat!

DANCE "AQUA"

Combines all genres of music and dance in a unique and easy to learn choreography all done in the water. All levels welcome

NINJA BALANCE

High intensity interval training cardio-based class with balance and strength active recovery. A combination of steps, body bars and weights will be incorporated in the workout. Goal: achieve the benefits of a cardio workout while increasing stamina and building long & lean muscle tone.

PILATES

These classes combine strength, flexibility and balance. Weights and agility balls will be used in some classes. Pilates workout is based on the work of Joseph Pilates. All levels welcome.

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

POWER YOGA

This class is designed to strengthen, lengthen, & tone through specific Yoga poses that will emphasize core conditioning.

TABATA

Advanced high intensity interval training class. These workouts are fast-paced, fun and burn up tons of calories.

ULTIMATE TOTAL FITNESS

A combination of step, weights, body bars and agility balls will be incorporated into the workout. Participants will increase stamina while building long and lean muscle tone. All levels welcome.

VINYASA YOGA

Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance.

YOGA

Uses physical postures, breathing practices, relaxation and meditation to harmonize body, mind and spirit. All levels welcome

ZUMBA TONING

This class combines Zumba movements and strength training exercises for a total body workout. All levels welcome.

ZUMBA

Come join the party! Zumba is the latest fitness sensation. Burn mega calories while dancing to the hottest Latin rhythms. Come ready to sweat & have a blast!