



Group Exercise Room at the Newport County
 YMCA @ Newport County YMCA
 October 7th - December 1st

792 Valley Road
 Middletown, RI 02842
 (401) 847-9200

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		Sunrise Strength Patricia Carrellas 5:30am - 6:25am		Sunrise Strength Patricia Carrellas 5:30am - 6:25am			
7am	Spinning Kara Thornton 7am - 7:55am	Body Pump Express Gwen Goedecker 7am - 7:45am	Spinning Kara Thornton 7am - 7:55am	Body Pump Express Gwen Goedecker 7am - 7:45am	Spinning Kara Thornton 7am - 7:55am	HIIT Patricia Carrellas 7:15am - 8:10am	
8am	AOA Strength Patricia Carrellas 8am - 8:55am	AOA Dance Mix Denise McCarthy 8am - 8:55am	AOA Strength Patricia Carrellas 8am - 8:55am	AOA Strength Mary Grinnell 8am - 8:55am	AOA Bend and Stretch Denise McCarthy 8am - 8:55am	Booty Core Cardio Kara King-Barron 8:30am - 9:25am	Tai Chi @ 2nd Beach, Surfers End Deborah Gedney 8am - 9am
							Body Pump Martina Aldrich Cheryl Nichols 8am - 8:55am
9am	Kickboxing Tish D'Amore 9am - 9:55am	Step-N-Drills Ana Bartlett 9am - 9:55am	HIIT Ana Bartlett 9am - 9:55am	Grit Cheryl Nichols 9am - 9:30am	Olympic Challenge Martina Aldrich 9am - 9:55am	Zumba Toning Kathy Naddaff 9:45am - 10:55am	
				Kickboxing Cheryl Nichols 9:30am - 10am			
10am	HIIT Elysha Guerriero 10am - 10:55am	Kickbox 45 Cheryl Nichols 10am - 10:45am	Vinyasa Yoga Lauren McCombs 10am - 10:55am	Body Pump Express Cheryl Nichols 10am - 10:30am	Active Vinyasa Yoga Jessica Patricio 10am - 10:55am		Yoga Stretch & Strength Sharon Pearson 10am - 10:55am
11am	Senior Strength Mary Grinnell 11am - 11:55am	Dancing with Parkinson's None Specified 11am - 11:55am		Senior Strength Mary Grinnell 11am - 11:55am			
12pm	Vinyasa Yoga Lauren McCombs 12pm - 12:55pm	FitYoga Sharon Pearson 12pm - 12:55pm	Body Pump Martina Aldrich 12pm - 12:55pm	Insanity Julie Bueno 12pm - 12:55pm			
5pm	Body Pump Martina Aldrich 5:30pm - 6:25pm	Booty Core Cardio Kara King-Barron 5:30pm - 6:25pm	Pilates Kara King-Barron 5:30pm - 6:25pm	Spinning Kara Thornton 5:30pm - 6:25pm	Zumba Jen DaCosta Gilda Bullard 5:30pm - 6:25pm		
6pm	Zumba Kathy Naddaff 6:30pm - 7:25pm	Insanity Julie Bueno 6:30pm - 7:25pm	Vinyasa Yoga Karen Vacarro 6:30pm - 7:25pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Newport County YMCA

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Active Vinyasa Yoga - In this Active Vinyasa Flow class you will synchronize breath with movement. Going through the motions, time will fly as you focus through this vigorous total body routine.

AOA Bend and Stretch - A relaxed stretching of the entire body, along with some gentle leg & ab work; A great way to finish a busy week.

AOA Dance Mix - Warm-up, stretch & tone muscles as well as improving core-strength, posture & flexibility. Dance combos & line dancing will enhance coordination, stimulate the mind and inspire your heart and soul!

AOA Strength - Active Older Adults, or anyone who is starting out and looking for gently formatted classes that include cardio, weights and flexibility in your workouts.

Body Pump - This program will strengthen your entire body! It targets all major muscle groups by using exercises such as squats, presses, lifts and curls. PLEASE NOTE: If you are new to Body Pump, please arrive early to your class to set up your equipment.

Body Pump Express - This program will strengthen your entire body! It targets all major muscle groups by using exercises such as squats, presses, lifts and curls. PLEASE NOTE: If you are new to Body Pump, please arrive early to your class to set up your equipment.

Booty Core Cardio - A boot camp style class to torch calories with various intervals of HIIT training combined with strength and endurance exercises. Utilizing classic weight lifting, yoga, and Pilates inspired exercises to strengthen and condition the entire body.

FitYoga - FitYoga will have you synchronize breathing with movement. Learn to bring balance and peace to your body and mind while building a healthy, strong body!

Grit - This Les Mills GRIT® Series features three unique workouts featuring High Intensity Interval Training designed for ultimate results in minimum time! Get your GRIT on!!!

HIIT - Fat burning HIIT exercises and strength training supersets come together to create a brutal but fun sweatfest!

Insanity - INSANITY is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, delivering faster results!

Kickbox 45 - Move your hands and feet to the beat in this fast paced, 45 minute Kickboxing crunch designed to sweat yourself out and get in killer shape!

Kickboxing - Kick and punch your way to a great body while getting your heart rate up and having FUN!

Olympic Challenge - A high energy class with various elements based on the trainers choice using HIIT and circuit training methods to produce amazing results!

Pilates - This amped up pilates class combines resistance, lengthening, strength training and cardio, helping you to feel better than ever; A guaranteed amazing workout in just one hour!

Senior Strength - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A wide range of equipment is used to get you into the best shape of your life!

Spinning - A high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!

Step-N-Drills - Class Format changes weekly. Weights and cardio step drills are combined to increase a fat burn even hours after your workout! Loads of Fun!

Sunrise Strength - A Boot camp Style class designed with drills and stations to keep your heart rate up and to make your muscles burn burn burn. It's a combination class using different equipment and body weight exercises to increase metabolism and make you sweat!

Tai Chi @ 2nd Beach, Surfers End - An ancient Chinese art that incorporates isometric controlled movements, which stimulate both the internal and external life force. Class will meet on Second Beach, Surfers End.

Vinyasa Yoga - In this Vinyasa Flow class you will synchronize breath with movement. Students will focus on linking conscious breath with a mindful flow. In a Vinyasa class, students awaken their strength, energy, and flexibility in a fun atmosphere.

Yoga Stretch & Strength - In this flow class you will synchronize breath with movement. Going through the motions, time will fly as you focus through this vigorous total body routine.

Zumba - Dance to great music, with great people, and burn a ton of calories without even realizing it! Perfect for everybody and every body, and have fun doing it!

Zumba Toning - Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party!