

GROUP FITNESS FALL 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Indoor Cycle Carla		6:00 AM Indoor Cycle Jenn		6:00 AM Indoor Cycle Ed		
8:30 AM Chisel'd Colleen	8:30 AM Accumulator Dawn	8:30 AM PiYo Dawn	9:15 AM Turbo Kick Aubree	8:30AM Chisel'd Colleen	8:00 AM Tabata/HIIT (40 min) Tricia	8:30 AM Tabata Combat Tricia
9:30 AM 4 x 4 Liz	9:00 AM Indoor Cycle Jenn	9:30 AM Zumba Lorenzo	9:30 AM Indoor Cycle Andrea	9:15 AM PiYo Dawn	8:00 AM Indoor Cycle Jenn	9:00 AM Spin & Pump Carla
10:00 AM Sit & Be Fit Kathy (BB Court)	9:15 AM Zumba Toning Odessa	9:45 AM Tread n' Shred Dawn (Upstairs)	10:15 AM Definitions Aubree	10:00 AM Mix It Up Dawn	9:00 AM Step Circuit Laura	9:15 AM Zumba Vince
10:15 AM Tread n' Shred Liz (Upstairs)	10:15 AM Definitions Jenn	10:00 AM Sit & Be Fit Kathy (BB Court)		11:00 AM Lo Impact Kathy	10:00 AM Definitions Laura	10:15 AM Yoga Lorraine
11:00 AM Lo Impact Liz		10:30 AM Lo Impact Erica			11:00 AM Zumba Sharisma	
					11:45 AM POP Pilates® Charla	
4:45 PM Indoor Cycle Odessa	4:45 PM Turbo Kick Candice	4:45 PM Turbo Kick Candice	4:30PM Zumba Fusion Odessa	5:00 PM Insanity Liz		
5:00 PM R.I.P.E.D. Candice	5:30 PM Insanity Lara	5:30 PM P90X Candice	5:15 PM Insanity Lara	5:30 PM Indoor Cycle Gary		
6:00 PM Zumba Toning Kashti	6:00PM Indoor Cycle Emily	6:15 PM Zumba Kristie	6:00 PM Indoor Cycle Alex	6:00 PM Zumba Vince		
6:30 PM Indoor Cycle Ed	6:30 PM Definitions Erica	6:30 PM Indoor Cycle Guiliano	6:15 PM Zumba Vince			
7:00 PM Zumba Lorenzo	7:30 PM Zumba Lorenzo	7:15PM Yoga Lorraine	7:15 PM Definitions Laura			
						

100 Elm Street • North Haven, CT • 06473 • (203)239-5665 • www.NHHR.com

Club Hours: Mon-Thurs 5:00 AM – 11:00 PM, Friday 5:00 AM – 9:00 PM, Sat-Sun 7:00 AM – 6:00 PM

Effective 11/01/2016

Specialty Class Descriptions

Requires extra fee for non Sports & Fitness members

Chisel'd – Build defined muscles with split workouts using heavy weights. Routines change every 6-8 weeks to avoid plateaus.

Insanity – One of today's hottest workouts created by fitness celebrity Shaun T. Maximum interval training with long periods of work and minimal rest. Become an INSANIAC today!

PiYo – Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle – big and small.

R.I.P.P.E.D. – The One Stop Body Shock! Resistance, Intervals, Power, Plyometrics and Endurance

Class Descriptions

4 x 4 – Fitness celebrity Paul Katami's workout - 1 minute burst training with focus on cardio, lower body, upper body & core.

Accumulator – Just as the name suggests, you complete one exercise (round) and then add on to it (accumulate) with little to no rest in between. A great strength and interval workout.

Definitions – Full body conditioning designed to improve muscular strength and endurance using weights, bands, barbells, and stability balls.

Lo-Impact - Low impact cardio, strength and balance training. Ideal for seniors and anyone new to exercise.

Mix It Up – Mix It Up classes will always be different, but what you can expect is a full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

P90X® – is a total-body strength and cardio class that incorporates proven principles from personal training and functional strength coaching. Get ready to compete with new workout buddies, bust through personal plateaus together, rock out to hardcore music, and give your all as you encourage each other to get in the best shape of your lives!

Piloxing - This incredible program uniquely mixes Pilates and boxing into a fat blasting and muscle toning workout guaranteed to whip you into shape.

POP Pilates® – An incredible fusion of ab-chiselling and total body defining moves choreographed to your favourite Top 40 hits. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you've never seen before!

Sit & Be Fit - A chair based class for seniors or anyone with limited mobility. Designed to improve strength, flexibility & balance.

Indoor Cycle – Our instructors will take you on a ride as you cycle your way through hills, sprints, jumps, intervals and more.

Step Circuit – Intervals of step and muscle conditioning will increase your overall strength and endurance.

Tabata / HIIT - Highly effective, calorie-blasting interval training. Tabata involves 20 seconds of high intensity strength or cardio moves follow by a 10 second recovery (20:10) for 8 rounds. High Intensity Interval Training (HIIT) involves the same principle but with varying intervals of work/recovery.

Tabata Combat – The same 20:10 interval incorporating heavy bags and mixed martial arts.

Tread n Shred - Put an end to clocking mindless hours on the treadmill. An effective and challenging 45-minute treadmill workout designed to push your fitness to the limit.

Turbo Kick® - the fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

Yoga – a mind-body workout incorporating breath control, simple meditation and the adoption of specific bodily postures for health and relaxation.

Zumba – Latin inspired cardio dance workout. Ditch the workout and join the party!

Zumba Fusion – A mix of several Zumba specialty formats including Zumba Basic, Zumba Toning, Zumba Sentao and Zumba Step. A guaranteed calorie scorcher!

Instructors and class formats subject to change without notice.