

Club NewTone

Your Health | Your Fitness | Your Life

Effective January 2, 2012

Group Fitness Schedule

Gym

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Kristy		Kristy			
6:00 AM	Yancy		Yancy		Bernadette		
8:15 AM						Rhonda	
9:30 AM	Mindy		Tara		Alice	Mindy/Tara	Rotation
10:40 AM	Mindy				Kim		
5:30 PM	Tara	Rhonda	Brandon	Rhonda			
6:00 PM					ZUMBA Rachel		
6:40 PM	ZUMBA Kelley	Shawn/Brandon	Mallori	Brandon			

Studio 2

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05 AM				Erin			
6:05 AM		Bernadette		LeAnne			
7:30 AM						Rotation	
8:30 AM		Sid		Sid		Erin	
9:00 AM	Rhonda		Rhonda		Rotation		
9:30 AM						Kristy/Therese	
10:15 AM	<i>Silver Sneakers</i> MSROM-Janie	<i>SS Cardio Circuit</i> Brandy	<i>Silver Sneakers</i> MSROM-Janie	<i>SS Cardio Circuit</i> Brandy	<i>Silver Sneakers</i> MSROM-Janie		
4:25 PM		Pilates Sid		Pilates Sid			
5:30 PM	Bernadette/Yancy	Yancy/Jamie	Rotation	Yancy			
6:45 PM	Kristy	Danielle	Kristy	Jamie/Megan			












*Class Descriptions Available Upon Request

Hours of Operation	Camp NewTone/Childcare
Monday-Thursday 5am-Midnight, Friday 5am-10pm Saturday & Sunday 6am-8pm	Mon: 8am-11:30am & 4-8pm; Tue/Wed/Thu: 8am-8pm; Fri: 8am-11:30am & 5-8pm; Sat: 7-11:30am

www.ClubNewTone.com / 765.447.2400

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Group Fitness Schedule

Studio 1	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:15 AM	 Brandy		 Kristy			 Erin*		
	6:00 AM		 Davy		 Chip				
	7:30 AM						 Erin/Mindy		
	8:15 AM							 Chip*	
	8:30 AM		 Mindy		 Mindy		 Kristy		
	9:30 AM	 Maggie	Pilates Mindy	 Heather	Pilates Mindy	 Heather			
	12:00 PM		 Danielle		 Shawn				
	3:30 PM							 Davy/Alice	
	4:30 PM	 Danielle		 Erin				* 60 Minute Challenge Class	
5:30 PM		 Alice		 Erin	 Chip/Davy*				
6:30 PM	 Chip	 Alice	 Davy						
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Water	8:30 AM					AquaCise Sandy			
	9:00 AM	AquaFit Janie	Aqua Circuit Janie	AquaFit Janie	Aqua Circuit Janie	AquaFit Janie			
	5:30 PM	AquaCise Carol	AquaFit Brandy	AquaCise Sandy	AquaCise Carol				

*Class Descriptions Available Upon Request

*Paid Sessions			Large Group Training Schedule				
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Susan				Brandy		
7:00 AM		Kariel					
10:30 AM				Eric		Kariel	
12:00 PM							Lucas
5:30 PM		Adam			Large Group Training Packages 1 Session - \$10 10 Sessions - \$95 20 Sessions - \$185		
6:30 PM	Brandy		Lucas				

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