



201-626-3161

All Classes are 50 Minutes, except where noted.

5/1/2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Vinyasa Yoga 7:00- 7:50 AM Vidya		SGT 7:00am -7:55AM Arianit		Yoga 7:00- 7:50 AM Jake		SGT 7:00am -7:55AM Artion		Yoga 7:00am - 7:55am Jake					
										BollyX 9:00 - 9:50 AM Raj			
										Boot Camp 10:00 - 10:50 AM Veronica			
Spin 12:00 - 12:50 PM Justin		Zumba 12:00 - 12:50 PM Jenny		Boot Camp 12:00 - 12:50 PM Federico		Spin 12:00 - 12:50 PM Justin		Boot Camp 12:00 - 12:50 PM Federico		Spin 9:00 - 9:50 AM Veronica		Spin 9:30 - 10:20 AM Veronica	
										SGT 10:30am -11:20AM Alexis		SGT 9:30am - 11:20AM Meha	
Core Fusion 5:30 - 6:20 PM Kevin		Pilates 5:30 - 6:20 PM TBA		Core Fusion 5:30 - 6:20 PM Veronica		HIIT 5:30- 6:20 PM TBA		Core Fusion 5:30 - 6:20 PM Veronica		Zumba 11:00 - 11:50 AM Rowena		Zumba 10:30AM - 11:20AM Jenny	
Body Conditioning 6:30 - 7:20 PM Mark		Zumba 6:30 - 7:20 PM Faith		BollyX 6:30- 7:20 PM Raj		Body Conditioning 6:30 - 7:20 PM Mark		Bolly X 6:30 - 7:20 PM Rajany		Vinyasa Yoga 12:00 - 12:50 PM Vidya		Pilates 12:00PM - 12:50PM TBA	
Spin 6:30 - 7:20 PM Kevin		Spin 6:30 - 7:20 PM Veronica		Spin 6:30 - 7:20 PM TBA		BollyX 7:30 - 8:20 PM Ishita		Yoga 7:30 - 8:20 PM TBA		HIIT 1:00PM -1:50 PM Alexis		Yoga 1:00PM -1:50 PM TBA	
BollyX 7:30 - 8:20 PM Raj		BollyX 7:30 - 8:20 PM Ishita		Zumba 7:30 - 8:20 PM Rowena									
		Boot Camp 8:30 - 9:20 PM Mark		Dynamic Stretching 8:30 - 9:20 PM Alexis									

25 Participants Max (18 for Spin). Reserve up to 4 days in advance online through the member Portal starting at noon.

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

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!

AVATAR SPIN

A virtual reality cycling class where participants engage in a spin class using avatars. This innovative approach allows users to experience a spin class in a simulated environment, enhancing the workout experience with immersive visuals and interactive elements, real-time performance data tracking and metrics. Compete with your friends, colleagues, and classmates.

BOOT CAMP

Military-style cardio drills and strength training exercises for a challenging total body workout. Emphasis will be on core strength focusing on proper alignment and posture while performing exercises. Burn calories, develop strong/lean muscles. All levels welcome

CORE FUSION

Ab/core workout and stretches, which includes flexibility exercises that strengthens and builds core. Ultimate full body workout using your own body as resistance.

DYNAMIC STRETCHING

Designed to improve flexibility, range of motion, and muscle activation through active movements. Dynamic stretching involves continuous movement that helps to warm up the muscles and joints, preparing them for more intense physical activity.

HATHA YOGA

Hatha Yoga is a branch of Yoga which uses physical techniques to preserve and channel the vital force or energy.

H.I.I.T.

A type of interval training exercise, incorporating alternating rounds between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

SGT - Small Group Training - A Fitness Program where a limited number of participants, engage in structured activities led by a Trainer. This format allows for personalized attention, tailored instruction, and a supportive environment, fostering better engagement and results compared to larger group settings.

SURGE

SURGE is a high-energy workout that's all about quick bursts, maximum intensity, and keeping the fun factor high. Whether you're looking to push your limits or just have a blast, you'll leave every class feeling stronger and more energized than ever.

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.

Cycling Class

Participants engage in cycling on stationary bikes, led by an instructor who directs the group through a series of cycling routines that emulate various terrains and intensities, such as flat roads, hill climbs, and sprints. Classes are designed to promote cardiovascular health, build muscular strength, and facilitate calorie expenditure within a high-energy environment.

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

Come join the party! Burn mega calories while dancing to the hottest Latin rhythms.

Class Rules and Regulations.

1. **Reservations are required:** Please ensure that reservations are made in advance using Newport Swim & Fitness App., to secure your spot.
2. **Cancellation Policy:** If you cannot make your reservation, please cancel at least one hour prior.
3. **Age Requirement:** Participants must be 16 years old to join Group Ex. Classes. No children under 16 are allowed in class.
4. **Arrival Time:** Please arrive at class 5 minutes prior to the scheduled starting time to check in with the instructor.
5. **Classroom Etiquette:** Do not enter the classroom while the current class is taking place. Please form a line outside the room.
6. **Hallway Conduct:** Do not block the hallway in front of the group exercise room.
7. **Belongings:** Please leave the room with all your belongings at the end of each class. Do not stay in the room, even if you've taken the previous class.
8. **Space Allocation:** Please take the first available space. You cannot save a spot for someone.
9. **Late Admittance:** Once class has started, no admittance after 10 minutes. No exceptions.
10. **Class Capacity:** Check online for class capacity limits.
11. **Personal Headphones:** Personal headphones are not permitted during Group Fitness classes.
12. **Cell Phone Usage:** Please silence cell phones and refrain from using them during class.
13. **Photography & Video Recordings:** Photography or video recordings of Group exercise classes are prohibited.