



New Class  
Schedule  
Starts  
1/24/2022

### Monday

7:00am	Newport Center Toastmasters ( <i>register on-line at shape-up.com</i> )	
8:30am	Pilates Mat	Norma
9:30am	Barre	Gina
10:30 am	Yoga	Robin
12:00pm	Active Aging	Carol
5:15 pm	Body Combat	Denise

### Tuesday

7:00am	Strength Training + TRX	Eric
8:00am	Dance + Strength	Nancy
9:00am	Body Sculpt	Norma
5:15pm	Dirty 30	Denise

### Wednesday

8:00am	Cycling	Melane
9:00am	Abs & Booty	Shirley
10:00 am	Pilates Mat	Kelsey
12:00pm	Active Aging	Carol

### Thursday

8:00am	Zumba	Gina
9:00am	Body Combat	Denise
10:00am	Barre	Kelsey
5:15pm	Body Combat	Denise

### Friday

7am	Cycling	Melane
8:00am	Abs & Booty	Nancy
9:00am	Cardio Dance	Nancy
10:00am	Yoga	Kylan
12:00pm	Active Aging	Carol

### Saturday

8:00am	Zumba	Gina
9:00am	Barre	Gina
10:00am	Body Combat	Denise

### Club Hours

Monday-Friday:  
6:00am-8:00pm

Saturday:  
8am-2pm

Sunday  
10am-2pm

On-line Schedule  
[www.shape-up.com](http://www.shape-up.com)  
949.760.9335

## Abs & Booty

The focus is on the abdominals, buttocks and hips. A wide variety of floor exercises are used to target the muscles in these areas with the intent to tone and strengthen your core.

## Active Aging

Active Aging classes focus on the healthy, independent, self-efficacious individuals who are staying strong with exercise. These classes are fun with music to motivate you in a variety of exercises designed to increase your muscular strength, range of movement and activities for daily living. Stay strong and fit! Class can be modified depending on your fitness level and/or for those returning to exercise following post surgical rehabilitation.

## Barre

A low impact conditioning class combining ballet barre and Pilates techniques. Class will take place on the mat as well as at the barre, using props and light weights. Exercises are targeted to smaller muscle groups to promote balance, posture, and stability.

## Body Combat

A combination of intense boot camp exercises. You never know what you will do, you just know it will be intense! Using barbells, TRX, balance, bodyweight, bands, Bosu, Pro Rebounders and other fitness toys.

## Body Sculpt

Build beautiful muscles with our **body** sculpting class! Using your **body**-weight, dumbbells, bands, or a bar, this class will firm you up!

## Cardio Dance

A class of dance moves for a great aerobic workout. Love to dance, move and have fun? This class is for you.

## Cycling

If you are looking for a workout appropriate for most fitness levels, easy on the joints and effective in burning calories you've come to the right place! Hit the Spin/Cycle trail with the fastest 45 minute class you'll find. Pace yourself to the latest music videos (and some oldies) it's like being at a concert and getting your workout done at the same time.

## Dance & Strength

Move'n Build. A non-stop one hour class of dance moves for cardio and resistance exercises for strength. Enjoy a full body workout!

## Dirty 30 H.I.I.T.

A 30-minute *High Intensity Interval Training* class that will torch more calories and challenge your cardio respiratory system in less time than a traditional 60-minute workout. Four exercises, 20 seconds each and 10 rounds— 30 minutes, that's all it takes. Think 60 minutes squeezed into 30 minutes!

## Newport Center Toastmasters (Club 231-F)

Shape Up your speaking and communication skills with one of the most highly rated Toastmasters Clubs in the world that has maintained the President's Distinguished status for the last 41 years. Club 231F, is one of the early adopters of the hybrid meetings throughout the Toastmasters organization worldwide, and pioneered the "**Hybrid Meeting in a Box**". This class can be attended live or through Zoom. Pre Registration required at [www.shape-up.com](http://www.shape-up.com)

## Pilates Mat

Pilates is a low-impact exercise that builds strength, tones the muscles and creates a long, lean body frame. The goal of a mat Pilates class is to strengthen the body's "powerhouse," a Pilates term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes.

## Strength & TRX

This Strength training class uses weights, calisthenics and TRX . Few group classes focus on strength, which works your fast twitch muscle fibers (look the term up. Fast twitch strength muscle fibers are not maintained with cardio exercise (except HIIT style)

## Yoga

Vinyasa flow with a slower pace, linking movement with breath and focusing on proper alignment in the poses. Improve balance, flexibility and posture while relieving stress. Appropriate for all levels. Great for beginners.

## Zumba

Take the "work" out of your workout. This blend of low-intensity and high-intensity moves create an interval-style, dance fitness with Latin and World rhythms.