

Physical Activity For All Ages

Winning by Losing \$50

Do you need motivation to lose weight? Would a little friendly competition help you stay focused? Get ready for summer by joining the Winning by Losing program. Each week will consist of a weigh-in, 20-minute lesson, and 30-minute take-home exercise routine. Body measurements taken once a month. Different categories for different age groups. Pre-registration required.

NEWPORT Wellness Center Fitness Facility
Tuesdays, March 24 - May 26
5:15 - 6:15 p.m.
(10 sessions) Mary Perkins & Sharon Stewart

Cycle & Sculpt \$6/class*

Indoor Cycling with strength-conditioning exercises. Great workout! *Price is for drop-ins. Save up to 50% by prepaying by the month!

NEWPORT Wellness Center Fitness Facility
Weekday pm session-Mon/Wed, 4:15 - 5:00 p.m.
Weekday a.m. session-Mon/Wed/Fri, 8:30 - 9:30 a.m.
Weekend session-Sat/Sun, 8:30 - 9:30 a.m.
Early bird session-Tues/Thurs/Fri. 6:00 - 7:00 a.m.
All Cycle & Sculpt classes are on-going through May.
Sharon Stewart

Cycle with Jacques \$50

Take an indoor cycle ride using music to create the motivation to put your endurance to the test. Climb hills, tackle the open road, enjoy the ride while strengthening your cardiovascular capacity.

NEWPORT Wellness Center Fitness Facility
Saturdays, March 28 - May 30
7:30 - 8:30 a.m.
(10 sessions) Jacques Hebert

Pilates \$40/\$64

Body conditioning based on the Pilates method which focuses on stomach, thighs & buttocks. All fitness levels. Bring mat or order one from The Wellness Center.

NEWPORT Wellness Center Fitness Facility
Mondays/Wednesdays, Mar. 23-Apr. 15; May 4-May 27
5:00 - 6:00 p.m.
(8/16 sessions) Tina DeLaBruere

Kickboxing Bootcamp \$50/\$80

Work hard using boxing gloves, heavy bag, weights & jump rope. Ultimate workout.

NEWPORT Wellness Center Fitness Facility
Tuesdays, March 24 - May 26
4:15 - 5:15 p.m.



(10 sessions) Sharon Stewart

Intermediate Step Class \$30

A fun class combining a cardio workout with strengthening, toning & kickboxing. For those with no experience to "veteran" steppers.

NEWPORT Wellness Center Fitness Facility
Thursdays, March 26 - April 30
4:15 - 5:00 p.m.
(6 sessions) Kirstie Bean

Family Tae Kwon Do

For kids and adults. Promotes family unity. Increases flexibility, coordination, ability in self-defense & self esteem. \$45 per month per person. Discount for each additional family member.

NEWPORT Wellness Center Fitness Facility
Wednesdays, April 1 - May 27
6:30 - 7:30 p.m.



Rick Dunlavy, Black Belt Academy

Senior Fitness \$40/\$64

Fun, low-impact exercise, strength conditioning & stretching. For Seniors and for those who prefer a light workout.

NEWPORT Wellness Center Fitness Facility
Tuesdays/Thursdays, April 7 - May 28
10:00 - 11:00 a.m.
(8 or 16 sessions) Sue Ashworth

IROC

Child Swim Lessons \$50

Classes will be divided into groups at the first session, and each group will be assigned a class time. Red Cross certification upon completion of requirements. For 5, 6, 7, 8, 9, 10, 11, 12, 13 year olds.

Saturdays, March 28 - May 30
9:00 a.m. IROC Pool
(10 1/2-hour sessions)



Janice Smith

Parent & Child Swim \$50

A fun way to introduce your child (6 months to 5 years old) to water in a relaxed, safe way.

Wednesdays, March 25 - May 27
6:30 - 7:00 p.m. IROC Pool
(10 1/2-hour sessions)



Janice Smith