ADULT FITNESS

Fall Session
November 12th– December 20th

ALL INCLUSIVE: $400/YEAR
SENIOR/STUDENT (I.D. REQUIRED): $360
INCLUDES ALL FITNESS PROGRAMS AND
ACCESS TO GYM, POOL AND FITNESS CENTER

BASIC: $275/YEAR
SENIOR/STUDENT (I.D. REQUIRED): $250
ACCESS TO FITNESS CENTER, GYM, POOL AND A PUNCH CARD FOR 5 CLASSES
PLUS AN ADDITIONAL 50% OFF OF EXTRA PUNCH CARDS

DAILY/CLASSES: $8
PUNCH CARD:
$70 - 10 PUNCHES
$120 - 20 PUNCHES

ALL ADULT PROGRAMS ARE FROM: 7:00 AM - 1:00 PM
NOTE: CLOSURES DURING SCHOOL VACATION TIMES.

95 Church St.
Newport, RI 02840
Phone: (401) 847-6927
www.bgcnewport.org
## Gym

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Gym: 9:00 a.m. - 1:00 p.m.</td>
<td>Open Gym: 9:00 a.m. - 1:00 p.m.</td>
<td>Open Gym: 9:00 a.m. - 12:00 p.m.</td>
<td>Open Gym: 9:00 a.m. - 1:00 p.m.</td>
<td>Open Gym: 9:00 a.m. - 1:00 p.m.</td>
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<tr>
<td>Zumba: 6:00 p.m. - 7:00 p.m.</td>
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</tbody>
</table>

### Class Descriptions

**Open Gym:**
Open gym, with access to basketballs and 6 basketball hoops.

**Zumba:**
A fun and upbeat interval workout. This class uses dance to boost your heart rate and cardio endurance.

## Pool

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap: 2 Lanes</td>
<td>Lap: 2 Lanes</td>
<td>Lap: 2 Lanes</td>
<td>Lap: 2 Lanes</td>
<td>Lap 2 Lanes</td>
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<tr>
<td>7:00 a.m. - 1:00 p.m.</td>
<td>7:00 a.m. - 1:00 p.m.</td>
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<td>7:00 a.m. - 1:00 p.m.</td>
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<tr>
<td>Rec: 3 Lanes</td>
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<td>Rec: 3 Lanes</td>
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<tr>
<td>7:00 a.m. - 10:30 a.m.</td>
<td>9:30 a.m. - 10:30 a.m.</td>
<td>11:00 a.m. - 1:00 a.m.</td>
<td>11:00 a.m. - 1:00 a.m.</td>
<td>11:00 a.m. - 1:00 a.m.</td>
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</tbody>
</table>

### Class Descriptions

**Aqua Aerobics:**
An aerobic workout that focuses on endurance, strength and balance.