

WINTER 2023

# ignite FITNESS

DANCE FITNESS  
CIRCUIT & STRENGTH  
COMBO CLASSES  
YOGA & STRETCH  
FLOW PILATES

*and so much more!*





## Chris Lanctot

*Owner & Instructor*

Chris has coached competitive cheerleading and tumbling for over two decades. For 13 years she directed a competitive all-star program that consisted of 12 teams including a Cheer Abilities team.

Her background both in nursing and in cheer was a great segue to branch out into the world of fitness for a career. As an athlete, she has always had a love of fitness and community. Her certifications include AFFA, USASF, ACCA, Zumba, Kickboxing, Basic Pilates, High Fitness, and Fitness 305. Chris also teaches a Special Needs class called Dance-Abilities.

She believes that fitness is a gift and it comes in all shapes, sizes, and ages. All you need is a BODY and the desire to show up! When you leave Chris' class you will feel better, stronger, and more empowered than when you walked in.



**IGNITE FITNESS NEWTOWN**

36 RICHBORO ROAD | SUITE C-D  
NEWTOWN, PA 18940



## Our Mission

What began as a new venture during the pandemic has transformed into a beautiful new 4,500 square foot facility in the heart of Newtown, PA. Ignite Fitness offers a wide variety of group exercise classes led by the area's most elite instructors, providing members with the ultimate fitness experience in a welcoming "at-home" environment.

We recognize that everyone who walks through our door shares the common goal of improving their quality of life through fitness, maintaining a sense of community and establishing bonds and connections.

Ignite Fitness welcomes you. Come as you are.



# Finding your way



**SOCIAL MEDIA** Connecting with our social media accounts is the best way to be "in the know". Click on the images to add to your profile.



**BOOK A CLASS** All course descriptions and bookings can be found on the GymMaster App. Click the image to download it.



**SHARE THE LOVE** Share a FREE CLASS with a friend or leave us a review. Click the images to learn how.

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# WHO WE ARE



**CHRIS LANCTOT**

*Abs, Buns & Guns | Interval Remix  
Saturday Dance Party | Take 5*



**DIANA DECECCO**

*Work Your Assets and  
Flow Studio Newtown Classes*



**LEIGH ALISON**

*Design & Marketing*



**REBECCA NORGREN**

*Barrebelles | Flirty Dirty Poms  
Latin Cardio*



**JEN DUNLEVY**

*BodyLift | Dance-Abilities  
Totally Tabata*



**ANDREW JACOBS**

*360 | Booty Blitz*



**MJ JACKSON**

*Cardio, Curls & Core  
Rise & Grind*



**ATRICE MOORE**

*305*



**LESLIE GEIB**

*Weight It  
Out*



**TISHA ARMOUR**

*Keeping It Reel  
Danz Insanity®*



**LYNN ADAMS**

*Front Desk, Take 5*



**AMY HAAS**

*Dance & Body | Danz Insanity®*



**LISA WEISS**

*360 | Danz Insanity®*



**IRENE SPANELIS**

*Saturday Morning Sweat*



**ANNE JERONIS**

*Belly Dancing  
Country Line Dancing*



**ADDIE SUFRIN**

*Ignite Dance*



**ALLIE CROGNALE**

*Community Outreach*

## **FREE TRIAL CLASS!**



## Contributions

GRAPHIC DESIGN

Leigh Alison Design

PHOTOGRAPHY

Jon Mullin Photography

VIDEOGRAPHY

Moho Creative

# DANCE FITNESS

For workouts that won't seem like a chore, dance fitness is the way to go! These fun-filled classes bring the sweat and have easy choreo anyone can learn!

305

DANZ INSANITY®

FLIRTY & DIRTY POMS

INTERVAL REMIX

IGNITE DANCE

KEEPIN' IT REEL

LATIN CARDIO

SATURDAY MORNING DANCE



1

FIND YOUR INTENSITY

10

**305 | LEVEL 3** This is a 50 min non-stop dance party sweat session! 305 is a fun easy to follow dance fitness format out of Miami with a custom professional DJ Mix of hot music.

**DANZ INSANITY™ | LEVEL 3** is easy to follow and looks incredible on everyone who does it. This cardio intensive workout is comprised of 3 main types of cardio dance styles. Latin Rhythms, Hip Hop and Dance Athletics. This 50-minute long danz party is exercise in disguise!

**FLIRTY & DIRTY POMS | LEVEL 3** A 45-minute Pom-tastic Dance Party led by Chris & Rebecca, featuring your fav Latin, DI and Dance songs! Get ready to shake it!!!

**IGNITE DANCE | LEVEL 3** This 50 min of high cardio, booty poppin, sweaty dance fun will leave you energized & hyped!

**INTERVAL REMIX | LEVEL 3** This high energy cardio class will leave you sweaty & feeling like you had a total body workout. The easy to follow athletic choreography of the cardio & toning tracks make it easy for you to get your sweat on. Modifications are welcomed & encouraged. This class is great for all fitness levels.

**KEEPING IT REEL | LEVEL 2-3** Take your dance moves to the next level! This choreography class will be featured in our reels & social media. Choreography will be broken down & you will get a video to practice. Week 1 is learning the routine. Week 2 is polishing the routine & shooting the video. Plan on attending both weeks please.

**LATIN CARDIO | LEVEL 2-3** Dance and let loose in this sweaty 50 minute high-energy class set to your favorite Latin hits.

**SATURDAY MORNING DANCE LEVEL 3** Are you ready to unleash your inner dancing diva? No prior experience needed! This class offers are huge variety of music & dance styles. Your old and new favorites will have your heart pounding and you dripping in sweat. It's like having a dance party with all of your closest friends.

# CIRCUIT & STRENGTH

If you're looking for gains, try our circuit and strength training classes. Circuit classes are "station" workouts where you complete as many of an exercise before rotation. Our other strength classes are a combo of weights and cardio to really boost your burning power.

CARDIO CURLS & CORE

OUTDOOR BOOT CAMP

RISE & GRIND

SATURDAY MORNING SWEAT

TAKE 5

TOTALLY TABATA

WORK YOUR ASSETS

YOU VS. YOU

## **CARDIO, CURLS & CORE | LEVEL 3**

This class is the perfect combination of cardio drills, large muscle group exercises and core exercises. You will leave feeling sweaty, strong & empowered.

## **OUTDOOR BOOT CAMP | LEVEL 3-4**

Outside at Ignite, enjoy an outdoor workout with weights, kettlebells, med balls, ladders, bosu, cones & other fun "outdoor props".

## **RISE & GRIND | LEVEL 4**

45 minutes of HITT/Circuit Training and/or Tabata that is sure to make you sweat. Incorporating all kinds of formats and equipment. Incorporating a variety of formats and equipment. This class changes frequently and it's a sure guarantee to keep you movin'. You will walk away feeling energized and refreshed.

## **SATURDAY MORNING SWEAT**

**LEVEL 3** Boot Camp involves High Intensity Interval Training – alternating between cardio, and strength training. All workouts are designed to raise the heart rate in interval style fashion while incorporating total body strength training. This 45 minutes will leave you feeling strong & empowered.

## **TAKE 5 | LEVEL 2-3**

All you need is 30 min for this total body 5 Zone workout.

## **TOTALLY TABATA | LEVEL 3**

This total body workout will leave you sweat, strong & invigorated. It's easy to follow, fun & flies by! Work every muscle group Tabata style with cardio bursts. Great music compliments this perfect workout. Weights, balls, bands & body weight are used in this class. All levels welcome! You can customize this workout to be high or ;ow impact to suit your needs.

## **WORK YOUR ASSETS | LEVEL 3**

Work that booty, core & more! Diana combines Pilates techniques and strength training into one fun filled class. This class is fun, sweaty and for all levels. Use of mats, weights, balls, bands & body weight may be incorporated.

## **YOU VS. YOU | LEVEL 4**

50- minutes of strength/cardio exercises that build momentum and intensity as the class progresses. Every exercise is done at your own pace and to your own timing, so this is really a You vs You exercise experience, with the goal of pushing you to and past your limits. Intensity level.

# COMBO CLASSES

For those who like it all, we have great combo classes that incorporate the best of both worlds.

20/20/20

ABS, BUNS & GUNS

BARREBELLES

BODYLIFT

BOOTY BLITZ

BOX & BELLS

DANCE & BODY

DANCE & LIFT



1

FIND YOUR INTENSITY

10

**20/20/20 | LEVEL 3** 3 Different Formats in one great hour. Cardio Dance, Strength & HIIT.

**ABS, BUNS & GUNS | LEVEL 3** Chris & Rebecca lead this 30 min of Core, Arms, Booty & Legs - giving you a burn in all the right places!

**BARREBELLES | LEVEL 3** A combination barre/weights class where you work both your small and big muscle groups doing alternate blocks of barre and heavier weight exercises. Abs, booty work and a good stretch round out this 45 minute class.

**BODYLIFT | LEVEL 3** The ultimate total body cardio/toning workout using body bars.

**BOOTY BLITZ | LEVEL 3** This Booty Blast incorporates aspects of Barre & Pilates for the ultimate booty workout. Embrace the burn as you lift, sculpt & build that booty.

**BOX & BELLS | LEVEL 3** Ignite Box & Bar combines martial arts techniques with fast-paced cardio. This high energy workout challenges the beginner and elite athlete alike. Pair the cardio with barbell strength, its the perfect combo!

**DANCE & BODY | LEVEL 3** This 50 min class combines our kickass dance class with a toning class. Each week we will focus on a different body part, arms, abs, legs etc... We will dance along with weights and sweat the whole time.

**DANCE & LIFT | LEVEL 3** This is the ultimate cardio & strength class alternating intervals of dance fitness with strength. You will use the body bar and weights for a sweaty muscle targeted workout in between dancin to your favorite jams!



# DANCE-ABILITIES

Filled with great music, cool choreography, and good friends, this event is sure to not disappoint. This class is designed for all ages and all bodies with any disability or special needs. The focus will be on the ability to dance, move and have fun...not the disability.

# YOGA & STRETCH

Don't forget your recovery days! Relax and unwind with our stretch and yoga-infused classes.

## **BODY BAR YOGA LEVEL 2-3**

This yoga class adds a strength component of the body bar & weights . It's relaxing as well as a great workout.

## **IGNITE STRETCH | LEVEL 2**

Join Elle for this beautiful 45-minute class of yoga stretches and breathing - leaving you relaxed and recharged.

DANCE-ABILITIES



# COMMUNITY



Working out is always better with friends. At Ignite Fitness Newtown, not only do we make every workout fun and engaging, we also love to give back to our community through community service and fund raising.

In fact, our anniversary party in October benefits Unite for HER, that provides free services and support for patients in the United States diagnosed with breast cancer, ovarian cancer, metastatic breast cancer, and more.

## Thrivers

We have many cancer survivors here who we like to call "Thrivers". All the more reason we are honored to be a Passport Provider in the Unite for HER Network.

\$5,567  
RAISED TO DATE







## Diana Dececco

*Flow Studio Newtown*

Diana Dececco is uniquely qualified based on 37 years of experience with physiology, pilates, yoga, and the study of movement. She works with all age groups including extensive experience with runners, tennis players, and golfers.

### Stretch Sessions

Diana looks at the “big picture” of the muscular system and connective tissues to help target areas that frequently need attention.

Performed in a private room at Ignite Fitness, you can customize your stretch experience. Loose, comfortable clothing is suggested.



# stretch THERAPY SESSIONS *with Diana*

## Customize your session:

AROMATHERAPY • TARGETED AREAS • REIKI

## Book your appointment:

[flowstudionewtown@gmail.com](mailto:flowstudionewtown@gmail.com)



**FLOW STUDIO NEWTOWN**

36 RICHBORO ROAD | SUITE C-D  
NEWTOWN, PA 18940

# PILATES CLASSES

**20+** mornings, afternoons  
evenings and weekends  
**weekly classes**

ABS & ALIGNMENT

BLT

BALLS TO THE WALLS

BREATHE IN

MAT PILATES

PILATES WITH TOYS

ROCK BOTTOM BARRE

ROLL IT OUT



1

FIND YOUR INTENSITY

5

**ABS & ALIGNMENT | LEVEL 1-2**  
Strengthen your core and center your spine with stretching.

**BLT | LEVEL 2-3** Short for butt, legs and thighs, this class will give you a targeted lower body workout.

**BALLS TO THE WALL | LEVEL 4**  
Jumping on the latest fitness craze, this class features Wall Pilates using balls and weights as props!

**BREATHE IN | LEVEL 1/2** Nurture your mind and focuses on the importance of breathwork with traditional yoga poses.

**MAT PILATES | LEVEL 2** Achieve a great workout on the floor and in standing positions with this classical class, inspired by Joseph Pilates.

**PILATES WITH TOYS | LEVEL 2-3**  
Incorporates therapy bands, rings and more for a challenging but fun workout.

**ROCK BOTTOM BARRE | LEVEL 4**

**ROLL IT OUT | LEVEL 2-3**  
Myofascial release is key for massaging the myofascial tissues to ease tension and relieve pain with foam rollers.





## **BMS 30-Day Program**

*30 days to Healthy Living*

As Chris Lanctot, owner of Ignite Fitness Newtown says, this is a lifestyle; a new approach to a better you through healthier eating, movement, and strengthening your positive mindset.

Led by Diana Dececco of Flow Studio Newtown, this program walks you through day-to-day challenges and offers you the support you need to be successful.

Your program includes a bag of Arbonne protein powder valued at \$99 as well as other product samples for detoxification gut health and energy.

Returning BMS Member? Get \$50 off this round!

The power is within you; YOU CAN DO THIS! But we need you to make that commitment to yourself, so your new life can begin.

## **Register today**

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CIRCUIT & STRENGTH  
COMBO CLASSES  
YOGA & STRETCH  
FLOW PILATES

*and so much more!*

