



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE

FALL 2016

Schedule Begins Monday
September 5 and is
subject to change
**Participants Must
Register With The
Front Desk Each
Session**

**If there is a delay or
NO School for
Naugatuck there is NO
morning fitness class**

7 Week Sessions:

There is a week break
in between each
session for makeup
classes

**All Participants Must
Register With The
Front Desk Each
Session**

Classes may be cancelled
due to low registration. 6
person minimum per
class

*indicates water classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5:30-6:15 Spinning w/Joanna	5:30-6:15 strict strength w/Joanna		
	8:00-9:00 Aquazumba* Cardio Naida	7:00-7:45 Sit& Be Fit Susan	8:00-9:00 AquaFit- Cathie*	7:00-7:45 Sit&Be Fit Susan	8:00-8:45 Zumba Gold/ana		
	8:30-9:15 Silver Sneakers Cardio Circuit/ed	8:00-9:00 Aquatone/* Naida	8:30-9:15 Silver Sneakers Cardio Circuit	8:30-9:15 Silver Sneakers Basic Tanya D	8:15-9:00 Aqua Master*	8:30-9:15 Y Work Out ED	
	9:00-9:30 Deep Water* stretch &condition	8:30-9:15 Chair Yoga Tanya S	9:00-9:30 Deep Water* stretch & condition		9:00-10:00 Aqua master*	9:30-10:30 Karate /Joe	
	9:15-10:00 Enhance Fitness w/Ed	9:30-10:15 Y Work Out/Shari	9:15-10:00 Enhance Fitness w/Kim	9:30-10:15 Y Work Out/ED	9:30-10:15 Enhance Fitness w/Naida	10:30-11:15 Zumba Winnie	
	9:30-10:30 AquaSize*		9:30-10:15 AquaFit/cathie*	9:30-10:15 chair yoga Tanya S			
	9:30-10:30 Mindful Morning Yoga Sharri				9:30-10:45 Mixed Level Yoga Sharri		
	10:30-11:30 Warm Water Ex*	10:30-11:30 Warm Water *	10:30-11:30 Warm Water EX*	10:30-11:30 Warm Water *	10:30-11:30 Warm Water EX		
	12:15-1:00 SPINNING Dave	5:00-6:00 Karate/Joe	12:15-1:00 SPINNING Sue	4:30-5:30 Speed & Agility Logan	11:30-12:15 Step it up w/ED		
	5:30-6:15 AquaFit* X-treme power pump w/Naida	5:30-6:30 SPINNING/ Joanna	4:15-5:00 Zumba 5:00-5:45 muscle/cardio	5:30-6:15 Insanity live	6:00-7:00 SelfDefense/ Fitness /Troy		
	6:30-7:15 Bootcamp/Val	6:15-7:15 Yoga-Gail	6:00-6:45 Piloxing/Taylor 5:30-6:30 AquaFit				
	6:30-7:30 AquaSize/Trac*	6:30-7:30 Aquatoning/Tr*	6:30-7:30 AquaPilates/trac*	6:30-7:15 Aquazumba*an			



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	6:30-7:30 So you think you can Salsa/Edward		6:30-7:15 Zumba fit/Val			

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