



# FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL –Winter 2017

Schedule Begins Monday

**January 2** 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 are **NO MORE** breaks in between sessions

**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
		5:30-6:30 Spinning W/Casey	Rise and Shine YOGA 5:30-6:30	5:30-6:15 Spinning w/Joanna	5:30-6:15 strictly strength w/joanna		
	8:00-9:00 Aquazumba* Cardio Naida	7:00-7:45 Sit& Be Fit Susan	8:00-9:00 Aquafit- Ana*	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/* Ana	8;30-9:15 Silver Sneakers Cardio Circuit	8:30-9:15 Aquatone* Basic Tanya D		8:30-9:15 Y Work Out ED	
		8:30-9:15 Chair Yoga Fit Tanya S		8:00-9:00 Aquatone* /Ana*	9:15-10:00 Aqua Sampler*	9:00-10:00 Spinning w/Casey	
	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	9:15-10:00 Enhance Fitness w/Naida	10:3011:15 Zumba Winnie	
	9:00-9:45 Aquasize*Winnie	9:30-10:15 Chair Yoga Tanya S	9:00-9:45 Aquafit/Ana*				
	9:30-10:30 Mindful Morning Yoga Sharri				9:30-10:45 Mixed Level Yoga Sharri		
	10:00-11:00 Warm Water Ex*	10:00-11:00 Warm Water *	10:00-11:00 Warm Water EX*	10:00-11:00 Warm Water *	10:00-11:00 Warm Water EX		
	12:15-1:00 SPINNING Casey		12:15-1:00 SPINNING Sue				
	5:30-6:30 Aquafit* X-treme power pump w/Naida	5:30-6:30 SPINNING/ Joanna	4:15-5:00 Zumba <b>5:00-5:45</b> muscle/cardio	5:30-6:15 Insanity live 5:30-6:30 Aquafit			
		6:15-7:15 Yoga-	6:00-6:45 cardio step/strength w/mnarlene <b>5:306:30</b> Aquafit	5:30-6:15 SPINNING /Kathy			
	6:30-7:15 Aquasize/Trac*	6:30-7:30 Aquatoning/Tr*		6:307:15Aqua zumba*Ana			
		6:30-7:30 So you think you can Salsa/Edward					



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