



FITNESS SCHEDULE FALL 2019

FALL2019

Schedule Begins

September 3
and is subject to change

Participants Must sign in at The Front Desk For Each Class

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

All Participants Must Register With The Front Desk For Each Session

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

***Indicates water classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 Monday Morning Mix Up/ Larry			5:30 -6:15 SPINNING/ Joanna	5:30-6:15 Strictly Strength /Joanna	
	8:00-9:00 Aquatone* ED		8:00-8:45 Aquafit/ Naida*		8:00 -9:00 SPINNING/ Marlene
8:30-9:30 Aquafit*/ Winnie		8:30-9 :15 Aquafit*/ Naida			
8:30-9:15 Silver Sneakers Cardio /Ed	8:30-9:15 Chair Yoga /Shari	8:30-9:15 Silver Sneakers Cardio /Ed		9:00-10:00 Aqua Sampler/ Winnie	8:30-9:15 Y Work Out/Ed
9:15-10:00 Enhance Fitness/Ed		9:15-10:00 Enhance Fitness/Ed		9:15-10:00 Enhance Fitness/ Naida	
9:30-10:30 Mindful Morning Yoga/ Shari	9:30-10:15 Y Work Out /Shari		9:30-10:15 Y Work Out /Ed	9:30-10:45 Mixed Level Yoga /Shari	
10:00-11:00 Warm Water EX*	10:00-11:00 Warm Water EX*	10-11:00 Warm Water EX*	9:30-10:30 Warm Water EX*	10-11:00 Warm Water EX*	10:30-11:30 Aerial Yoga/ Genevieve
12:15-1:00 Virtual SPIN	12:15-1:00 Virtual SPIN	12:15-1:00 Virtual SPIN	12:15-1:00 Virtual SPIN	12:15-1:00 Virtual SPIN	
5:30-6:30 Aquafit*		5:30-6:30 Aquafit *	5:30-6:30 Aquafit*		
5:30-6:30 X-Treme Power Pump /Naida	5:30-6:30 Pound/ Cardio Step/ Marlene	5:30-6:15p Bootcamp/ Liz	5:30-6:30 Insanity Live/ Liz		
	5:30-6:30 SPINNING/ Joanna	5:30-6:15 Virtual SPIN	5:45-6:30 SPINNING/ Larry		
6:30-7:15 Virtual SPIN	6:15-7:15 Yoga/ Genevieve				
6:30-7:15 Aquafit*	6:30-7:30 Aquatone*/ Naida	6:30-7:30 Aqua Step* Winnie	6:30-7:15 Aquafit*/ Tracey		