



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE

FALL 2017

Schedule Begins
November 1, 2017
and is subject to change

**Participants Must
Register With the
Front Desk Each
Session**

**If there is a delay or
NO School for
Naugatuck morning
fitness class MAY be
cancelled please call
(203)729-9622**

7 Week Sessions:

There are NO breaks in
between sessions
Please be sure to
register for each
session. Dates will be
posted.

**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 Casey	5:30-6:30 Rise and Shine Yoga	5:30-6:15 Spinning Joanna	5:30-6:15 Strictly Strength Joanna		OPEN 10:00- 3:00
8:30-9:30 Aquafit* - Winnie		8:30-9:30 Aquafit*	8:00-9:00 Aquafit*-Casey			
8:30-9:15 Silver Sneakers Cardio Circuit-ED	8:00-9:00 Aqua tone * ED	8:30-9:15 Silver Sneakers Cardio Circuit	8:30 -9:15 Silver Sneakers Basic- Ed		8:30-9:15 Y Work Out ED	
	8:30-9:15 Chair Yoga Tanya S			9:00-10:00 Aqua sampler* Winnie	9:00-10:00 Spinning Casey	
9:15-10:00 Enhance Fitness Ed	9:30-10:15 Y Work Out Sharri	9:15-10:00 Enhance Fitness Kim	9:30-10:15 Y Work Out ED	9:15-10:15 Enhance Fitness Kim		
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 EX *	10:00-11:00 Warm Water EX*	10:00-11:00 Warm Water EX *	10:00-11:00 Warm Water EX*		
12:15-1:00 SPINNING Casey	5:30-6:30 Cardio Step/Strength	12:15-1:00 Spinning Sue				
5:30-6:30 Aquafit*	5:30-6:30 Spinning Joanna	4:15-5:00 Zumba	5:30-6:30 Aquafit*			
5:30-6:30 X-Treme Power Pump - Naida	6:15-7:15 Yoga	5:00-5:45 Muscle/Cardio Winnie	5:30-6:15 Insanity live Liz			
6:30-7:15 * Aquafit	6:30-7:30 Aquatone* Casey	5:30-6:30 Aquafit* Winnie	5:30-6:15 Spinning Casey			
	6:30-7:30 Salsa Dance	6:00-6:45 Bootcamp Liz	6:30-7:15 Aquafit* 6:30-7:30 Aerial Yoga **FEE for class			