



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS SCHEDULE

## FALL 2017

Schedule Begins Monday

**August 28** 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. There is a 6 person minimum per class.

\*indicates water classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30-6:15 Spinning w/ Casey	5:30-6:30 Rise and Shine Yoga	5:30-6:15 Spinning w/Joanna	5:30-6:15 Strictly Strength w/Joanna		CLOSED Until Nov 5
9:00-10:00 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 /Shari	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/ Shari					9:30-10:45 Mixed Level Yoga/ Shari		
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*	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 Cardio Step & Strength /Alex	6:30-7:15 Aquafit*				