



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

GROUP EXERCISE SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM	
9:15 10:00	Virtual Fitness + Fitness Class Online/ YMCA Gym							5:30 6:15	Strictly Strength Gymnasium		
9:30 10:30	Mindful Morning Yoga St Francis Field			9:15 10:00	Virtual Fitness + Fitness Class Online/ YMCA Gym			9:15 10:00	Virtual Fitness + Fitness Class Online/YMCA Gym	8:00 9:00	Spinning Gymnasium
10:30 11:15	Enhanced Fitness Gymnasium			10:30 11:15	Enhanced Fitness Gymnasium	9:30 10:30	Yoga Gymnasium	9:30 10:45	Mixed Level Yoga St. Francis Field		
10:15 11:00	Aquamotion Pool			10:15 11:00	Aquamotion Pool			10:15 11:00	Aquamotion Pool		
PM		PM		PM		PM		PM		SUNDAY	
5:30 6:30	Step & Sculpt Gymnasium	5:30 6:30	Spinning Gymnasium			5:30 6:30	Spinning Gymnasium				
		5:30 6:30	Cardio/ Bootcamp Andrew Ave School	5:30 6:30	Bootcamp Andrew Ave School	5:30 6:30	Insanity Live Andrew Ave School				
		6:00 7:00	Yoga Gymnasium								

Updated
9/22/2020

*Outside classes are weather permitting

NAUGATUCK YMCA
284 Church Street Naugatuck, CT 06770
P 203 729 9622 W naugatuckymca.org

FACILITY HOURS

Mon - Fri 5:30am - 7:00pm
Sat 7:00am - 11:00am
Sun Closed

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