



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 Group X Room		
9:30 10:30	Mindful Morning Yoga Group X Room			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 Activity Room
10:30 11:15	Enhanced Fitness Group X Room			10:30 11:15	Enhanced Fitness Group X Room	9:30 10:30	Yoga Group X Room	9:30 10:45	Mixed Level Yoga Group X Room		
10:15 11:00	Aquamotion Pool			10:15 11:00	Aquamotion Pool			10:15 11:00	Aquamotion Pool		
PM		PM		PM		PM		PM		PM	
						5:15 6:00	Aquafit Pool				
5:15 6:00	Aquafit Pool	5:30 6:30	Spinning Activity Room	5:15 6:00	Aquafit Pool	5:30 6:30	Spinning Activity Room				
6:00 6:45	Aquacize Pool	5:30 6:30	Cardio/ Bootcamp Group X Room	5:30 6:30	Bootcamp Group X Room	5:30 6:30	Insanity Live Group X Room				
		6:00 7:00	Yoga Group X Room	6:00 6:45	Aquacize Pool	6:00 6:45	Aquacize Pool				

Updated
12/10/2020

*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 - 8:00pm
Sat 7:00am - 1:00pm
Sun Closed

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