



FITNESS SCHEDULE

2019

Schedule Begins Monday **March 20** and is subject to change

Participants Must Register With the Front Desk Each Session

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

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 Y Fit /Larry	5:30 -6:15 SPINNING /Joanna	5:30-6:15 Strictly Strength /Joanna	
8:30-9:30 Aquafit* /Winnie	8:00-9:00 Aquatone* /ED	8:00-8:45 Aquafit *	8:00-8:45 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
9:30-10:15 Enhance Fitness /Ed	9:30-10:15 Y Work Out /Shari	9:30-10:15 Enhance /Kim	9:30-10:15 Y Work Out /ED	9:30-10:15 Enhance /Kim	
9:30-10:30 Mindful Morning Yoga /Shari		12-12:30 Turbo Spin		9:30-10:45 Mixed Level Yoga /Shari	9:00 -10:00 Spinning
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					
5:30 -6:30 Aquafit*	5:30-6:30 SPINNING /Joanna	5:00-5:45 Muscle Cardio /Winnie	5:30-6:30 Aquafit*		
5:30-6:30 X-Treme Power Pump & Pound /Naida	5:30-6:30 Cardio Step Strength /Marlene				
		5:30-6:30 Aquafit *	5:30-6:15 Spinning		
	6:15-7:15 Yoga /Genevieve	6:00-6:45 Bootcamp	5:30-6:30 Insanity Live		
6:30-7:15 Aquafit*	6:30-7:30 Aquatone*		6:30-7:15 Aquafit*		