



# FITNESS SCHEDULE

**2018**

Schedule Begins Monday **Sept 1** 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

**7 Week Sessions:** There is a week break in between each session for makeup classes

**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
		5:30-6:15 SPINNING / Kathy		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 */ Kim	8:00-8:45 Aquafit/ Naida*		
	8:30-9:15 Silver Sneakers Cardio/Ed	8:30-9:15 Strengthen Stretch 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
	9:15-10:00 Enhance Fitness /Ed	9:30-10:15 Y Work Out /Shari	9:15-10:00 Enhance/Kim	9:30-10:15 Y Work Out /Ed	9:15-10:00 Enhance /Kim	
	9:30-10:30 Mindful Morning Yoga Shari				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 / Sue					
	5:30 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 / Naida	5:30-6:30 Cardio Step & Strength/ Marlene				
	7:10-8:00 Youth Dance Class		5:30-6:30 Aquafit *	5:30-6:15 SPINNING/ 		
		6:15-7:15 Yoga/ Genevieve	6:00-6:45 Bootcamp / Liz	5:30-6:30 Insanity Live /Liz		
	6:30-7:15 * Aquafit	6:30-7:30 Aquatone*/ Sue		6:30-7:15 Aquafit*/ Sue		