



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE

Winter 2018

Schedule Begins

January 1, 2018

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. 6

person minimum per

class.

*indicates water classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30-6:15 Spinning Casey	5:30-6:30 Rise and Shine Yoga	5:30-6:15 Spinning Joanna	5:30-6:15 Strictly Strength Joanna		OPEN 10:00 - 3:00
	8:30-9:30 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 - Sharri				9:30-10:45 Mixed Level Yoga - Sharri		
	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 Winnie	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*	5:30-6:15 SPINNING Casey			
	7-7:50 Youth Dance	6:30-7:30 Salsa Dance	6:00-6:45 Bootcamp Liz	6:30-7:15 Aquafit* 6:30-7:30 Aerial Yoga **FEE for class			

NAUGATUCK YMCA

284 Church St. Naugatuck Ct 06770

(203)729-9622

www.naugatuckymca.org