



FITNESS SCHEDULE

2018-2019

Schedule Begins **November 11th** 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

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
		5:30-6:15a SPINNING / Kathy	5:45-6:45a Y FIT / Larry	5:30-6:15a SPINNING /Joanna	5:30-6:15a Strictly Strength /Joanna	
	8:30-9:30a Aquafit*/ Winnie	8:00-9:00a Aquatone*/ Ed	8:00-8:45a Aquafit */ Kim	8:00-8:45a Aquafit/ Naida*		
	8:30-9:15a Silver Sneakers Cardio/Ed	8:30-9:15a Strengthen Stretch Chair Yoga /Shari	8:30-9:15a Silver Sneakers Cardio /ED		9:00-10:00a Aqua Sampler/ Winnie	8:30-9:15a Y Work Out/ Ed
	9:15-10:00a Enhance Fitness /Ed	9:30-10:15a Y Work Out /Shari	9:15-10:00a Enhance/Kim	9:30-10:15a Y Work Out/Ed	9:15-10:00a Enhance /Kim	
	9:30-10:30a Mindful Morning Yoga Shari		12-12:30p Turbo Spin/ Sue (Starts Nov 21 st)		9:30-10:45a Mixed Level Yoga /Shari	9:00 -10:00a SPINNING /
	10:00-11:00a Warm Water EX*	10:00-11:00a Warm Water EX*	10:00-11:00a Warm Water EX*	10:00-11:00a Warm Water EX*	10:00-11:00 Warm Water EX*	
	12:15-1:00p SPINNING / Sue					
	5:30-6:30p Aquafit*	5:30-6:30p SPINNING /Joanna	5:00-5:45p Muscle Cardio/ Winnie	5:30-6:30p Aquafit*		
	5:30-6:30p X-Treme Power Pump / Naida	5:30-6:30p Cardio Step & Strength/ Marlene				
	7:10-8:00p Youth Dance Class		5:30-6:30p Aquafit *	5:30-6:15p SPINNING/ /Liz		
		6:15-7:15p Yoga/ Genevieve	6:00-6:45p Bootcamp / Liz	5:30-6:30p Insanity Live /Liz		
	6:30-7:15p* Aquafit	6:30-7:30p Aquatone*/ Sue		6:30-7:15p Aquafit*/ Sue		