

LAND FITNESS CLASSES

EFFECTIVE: 7/28/25

Monday	Tuesday	Wednesday	Thursday	Friday
	5:45A Cardio Sculpt	5:45A Indoor Cycling *Register/Extra Fee	5:45A Sculpt	5:45A Indoor Cycling *Register/Extra Fee
8:30-9:00A 30 & Out Cycle	8:00-8:45A SilverSneakers Classic	8:00-8:45A SilverSneakers Yoga	8:00-8:45A SilverSneakers Classic	
9:15-10:15A Body Sculpt	9:15-10:15A Move & Groove w/Angie	9:15-10:15A Body Sculpt	9:15-10:15A Dance Fitness	9:15-10:15A Interval Step
10:30-11:15A SilverSneakers Circuit	10:30-11:15A Yoga Stretch	10:30-11:15A SilverSneakers Circuit	10:30-11:15A Yoga Stretch	10:30-11:30A Move & Groove w/Angie
11:45-12:30P SilverSneakers Yoga		11:45-12:30P SilverSneakers Yoga		11:45-12:30P SilverSneakers Yoga
5:45-6:45P Barre	5:45-6:45P Interval Step	5:45-6:45P Tru You	5:45-6:45P Body Sculpt	
		5:45-6:15P 30 & Out Cycle		
		6:15-6:45P 30 & Out Core/Flex		

WATER FITNESS CLASSES

EFFECTIVE: 7/28/25

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00A Aquanastics	8:00-8:50A Water Flex *PRE-REGISTERED SESSION - SEE BELOW	8:00-9:00A Aquanastics	8:00-8:50A Water Flex *PRE-REGISTERED SESSION - SEE BELOW	8:00-9:00A Aquanastics
9:00-10:00A Deep Water	9:00-10:00A Deep Water	9:00-10:00A Deep Water	9:00-10:00A Deep Water	9:00-10:00A Deep Water
9:00-10:00A Water Pilates		9:00-10:00A Water Pilates		10:00-11:00A Water Pilates
	12:00-12:50A Water Flex **MOVES TO 11AM 8/19** *PRE-REGISTERED SESSION - SEE BELOW		12:00-12:50A Water Flex **MOVES TO 11AM 8/21** *PRE-REGISTERED SESSION - SEE BELOW	
	1:00-1:50P Water Flex **MOVES TO 12PM 8/19** *PRE-REGISTERED SESSION - SEE BELOW		1:00-1:50P Water Flex **MOVES TO 12PM 8/21** *PRE-REGISTERED SESSION - SEE BELOW	
	6:00-7:00P Water Aerobics			

* CLASS DESCRIPTIONS ON THE BACK *

Weather Related Cancelations

IF NORWALK SCHOOLS ARE ON A DELAY OR CANCELED DUE TO WEATHER,
THERE WILL NOT BE ANY FITNESS CLASSES BEFORE 11:00 AM.

CANCELATIONS LATER IN THE DAY WILL BE HANDLED ON A CASE-BY-CASE
BASIS. CALL 419-663-6775 X2 FOR CANCELTION INFO.

WATER FLEX - REGISTRATION

UPCOMING SESSIONS:

6/3 - 8/7 *Pools closed for cleaning week of 8/11*
8/19 - 10/23 (Register starting: 7/29) ** TIME CHANGES BACK TO - 8:00 AM; 11:00 AM; 12:00 PM**
10/28 - 12/18 (Register starting: 10/14)