

# LAND FITNESS CLASSES

EFFECTIVE: 2/9/24

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
8:30-9:00 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 Zumba	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 Zumba	5:45-6:45P Interval Step	5:45-6:45P Tru You		
		5:45-6:15 30 & Out Cycle		
		6:15-6:45 30 & Out Core/Flex		

# WATER FITNESS CLASSES

EFFECTIVE: 3/5/24

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00A Aquanastics	8:00-8:50A Water Flex <b>*PRE-REGISTERED SESSION - SEE BELOW</b>	8:00-9:00A Aquanastics	8:00-8:50A Water Flex <b>*PRE-REGISTERED SESSION - SEE BELOW</b>	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
	11:00-11:50A Water Flex <b>*PRE-REGISTERED SESSION - SEE BELOW</b>		11:00-11:50A Water Flex <b>*PRE-REGISTERED SESSION - SEE BELOW</b>	
	12:00-12:50P Water Flex <b>*PRE-REGISTERED SESSION - SEE BELOW</b>		12:00-12:50P Water Flex <b>*PRE-REGISTERED SESSION - SEE BELOW</b>	
	6:00-7:30P Water Aerobics			

## \* CLASS DESCRIPTIONS ON THE BACK \*

**Weather Related Cancellations**  
 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 CANCELLATION INFO.

### WATER FLEX - REGISTRATION

Due to the popularity of this class option, we will be limiting the class size and adding an additional time allowing us to provide a more comfortable and safe experience for our participants.

#### UPCOMING SESSIONS:

2/27 - 4/11 (Register starting 2/13)      Members FREE; 1 day/wk \$23; 2 days/wk \$46

4/16 - 5/30 (Register starting 4/2)      Members FREE; 1 day/wk \$23; 2 days/wk \$46

**\*\*MEMBERS & PUNCH CARD HOLDERS MAY CALL IN TO REGISTER (419-663-6775 x0)\*\***

\*Please have the staff add your name to the roster of the day and time you will be attending on a *regular basis*.

\*You may drop-in to any of the other days/times as space allows - no more than 15 minutes before class begins.

\*If you are going to miss your class, please call & cancel before class so someone may drop-in to your spot.