LAND FITNESS CLASSES

EFFECTIVE: 9/2/2026

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	9:15-10:15A Body Sculpt	9:15-10:15A Dance Fitness	
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
11:45-12:30P SilverSneakers Yoga		11:45-12:30P SilverSneakers Yoga		11:45-12:30P SilverSneakers Yoga
Monday, Tuesday & Thursday Evening Land Classes paused until later fall - Stay tuned!		5:45-6:45P Tru You	**Check out the Water Fitness class offerings for Tuesday & Thursday evenings!**	
		5:45-6:15P 30 & Out Cycle		
		6:15-6:45P 30 & Out Core/Flex		

WATER FITNESS CLASSES

EFFECTIVE: 10/29/2026

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00A Aquanastics	8:00-8:50A Water Flex	8:00-9:00A Aquanastics	8:00-8:50A Water Flex	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
	11:00-11:50P Water Flex		11:00-11:50P Water Flex	
	12:00-12:50P Water Flex		12:00-12:50P Water Flex	
	6:00-7:00P Aquanastics		6:30-7:30P Deep Water	

* CLASS DESCRIPTIONS ON THE BACK *

Weather Related Cancelations

IF NORWALK SCHOOLS ARE ON A DELAY OR CANCELED DUE TO ICE OR SNOW, 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 CANCELATION INFO.