

LAND FITNESS CLASSES

EFFECTIVE: 5/13/24

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: 5/13/24

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		10:00-11:00A Water Pilates		9:00-10:00A Water Pilates
	11:00-11:50A Water Flex *PRE-REGISTERED SESSION - SEE BELOW		11:00-11:50A Water Flex *PRE-REGISTERED SESSION - SEE BELOW	
	12:00-12:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW		12:00-12:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW	
	6:00-7:00P Water Aerobics			

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:

- 7/23 - 9/5 (Register starting 7/9) Members FREE; 1 day/wk \$23; 2 days/wk \$46
- 9/10 - 10/24 (Register starting 8/27) Members FREE; 1 day/wk \$23; 2 days/wk \$46
- 10/29 - 12/19 (Register starting 10/15) Members FREE; 1 day/wk \$26; 2 days/wk \$52

****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.

* 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.

CANCELLATIONS LATER IN THE DAY WILL BE HANDLED ON A CASE-BY-CASE BASIS. CALL 419-663-6775 x2 FOR CANCELLATION INFO.