

LAND FITNESS CLASSES

EFFECTIVE: 4/21/25

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

WATER FITNESS CLASSES

EFFECTIVE: 4/21/25

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

4/1 - 5/29 See above for current schedule

6/3 - 8/7 (Register starting: 5/20) ** TIME CHANGES - 8:00 AM; 12:00 PM; 1:00 PM**