

Indoor Pool Shutdown - Fitness Options

Outdoor Pool Options

- Available as weather permits
- Access to the pool may be changed or limited based on the construction schedule.
- Check NorwalkRec.com for updates or call front desk @ 419-663-6775 x0

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:00 - 10:00 Water Aerobics (Outdoor Pool)		9:00 - 10:00 Water Aerobics *NO CLASS 8/5* (Outdoor Pool)		9:00 - 10:00 Water Aerobics (Outdoor Pool)
	10:00 - 10:50 Water Flex 8/4 - 8/18 (Outdoor Pool)		10:00 - 10:50 Water Flex 8/13; 8/20 (Outdoor Pool)	
	6:00 - 7:00 Water Aerobics (Outdoor Pool)		6:00 - 7:00 Water Aerobics (Outdoor Pool)	

Indoor Land Options

- Low-impact land based classes

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:00-8:45 Chair Pilates (Mini Gym)	8:00-8:45A SilverSneakers Classic	8:00-8:45 Chair Pilates (Meeting Room)	8:00-8:45A SilverSneakers Classic	8:00-8:45 Chair Pilates (Mini Gym)
	9:15-10:15A Move & Groove	8:00-8:45A SilverSneakers Yoga	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



419-663-6775
norwalkrec.com

PRICE:

Free SS/RA/Active Mem
\$5 Non-Mem/"Frozen" Mem

MOVE & GROOVE This is a lower impact/lower intensity dance based class to keep you moving and having fun.

SILVERSNEAKERS CLASSIC Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SILVERSNEAKERS CIRCUIT Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SILVERSNEAKERS YOGA This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

YOGA STRETCH Full body stretching techniques that incorporate both dynamic elements - moving flows AND/OR static elements - exercises held longer to help lengthen, relax & improve flexibility.