

LAND FITNESS CLASSES

EFFECTIVE: 7/17/2026

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
8:00-8:45A Chair Pilates (Mini Gym) *Start 8/3		8:00-8:45A Chair Pilates (Meet Room) *Start 8/5		8:00-8:45A Chair Pilates (Mini Gym) *Start 8/7
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	9:15-10:15A Cardio Sculpt
				*Class on hold
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
5:45-6:45P Cardio Kick Boxing **SUMMER FUN CLASS STARTING 6/8**	5:45-6:45P Cardio Sculpt *Class will pause for summer after 6/2	5:45-6:45P Tru You	5:45-6:45P Body Sculpt	
		5:45-6:15P 30 & Out Cycle		
		6:15-6:45P 30 & Out Core/Flex		

WATER FITNESS CLASSES

EFFECTIVE: 7/17/2026

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		9:00-10:00A Water Pilates		
				10:00-11:00A Water Pilates
	12:00-12:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW	INDOOR POOL AREA CLOSED: 8/3 - 10/2 OUTDOOR POOL OPTIONS AVAILABLE <i>*AS WEATHER PERMITS - SCHEDULE SUBJECT TO CHANGE*</i> WATER AEROBICS: - MON; WED; FRI 9 AM (NO CLASS 8/5) - TUES; THURS 6 PM (NO CLASS 8/6) WATER FLEX: - TUES; THURS 10 AM (8/4; 11; 13; 18; 20)		
	1:00-1:50P Water *PRE-REGISTERED SESSION - SEE BELOW			
	6:00-7:00P Aquanastics			
			12:00-12:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW	
			1:00-1:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW	
			6:00-7:00P 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 CANCELTION INFO.

WATER FLEX - REGISTRATION

UPCOMING SESSIONS:

**Sessions on hold until Indoor Pool Reopens*

**Outdoor Pool option Tues & Thurs 10 AM
8/4; 8/11; 8/13; 8/18; 8/20*