

LAND FITNESS CLASSES

EFFECTIVE: 10/2/2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45A Cardio Sculpt	5:45A Indoor Cycling *Register/Extra Fee	5:45A Sculpt	5:45A Indoor Cycling *Register/Extra Fee	WINTER WEEKENDS 11/2 - 3/29 (no classes 11/23; 12/28; 2/22)
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		
					8:30-9:30A Warrior Workouts
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	10:00-11:30A Workshops: Easy Line Dance
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: 10/2/2024

Monday	Tuesday	Wednesday	Thursday	Friday	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	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 Deep Water
9:00-10:00A Water Pilates *10/21 last class for season				9:00-10:00A Water Pilates *10/25 last class for season	9:00-10:00A Water Pilates *10/25 last class for season
		10:00-11:00A Water Pilates *10/23 last class for season			
	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 *TIME CHANGES TO 6:30 starting 10/29*				

*** 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.

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:

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.