

LAND FITNESS CLASSES

EFFECTIVE: 9/2/2026

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	
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
Monday, Tuesday & Thursday Evening Land Classes paused until later fall - Stay tuned!		5:45-6:45P Tru You 5:45-6:15P 30 & Out Cycle 6:15-6:45P 30 & Out Core/Flex	Check out the Water Fitness class offerings for Tuesday & Thursday evenings!	

WATER FITNESS CLASSES

EFFECTIVE: 9/2/2026

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 Water Pilates				
				10:00-11:00A Water Pilates
	12:00-12:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW		12:00-12:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW	
	1:00-1:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW		1:00-1:50P Water Flex *PRE-REGISTERED SESSION - SEE BELOW	
	6:00-7:00P Aquanastics		6:00-7:00P Deep Water	

**INDOOR POOL AREA CLOSED:
8/3 - 10/2**

OUTDOOR POOL OPTIONS AVAILABLE
AS WEATHER PERMITS - SCHEDULE SUBJECT TO CHANGE

WATER AEROBICS:
- MON; WED; FRI 9 AM (ENDING 9/11)
- TUES; THURS 6 PM (ENDING 9/10)

* 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.