

LAND/WATER FITNESS CLASSES 2024

Fall 1 (9/9-10-19) Fall 2 (10/21-11/30) Holiday 12/2-14)

All classes below are FREE to Y members, except Karate. Silver Sneakers class is FREE to those who qualify.

DAY	CLASS	AQUATIC CLASSES IN CAPS	TIME	INSTRUCTOR	PLACE
MON	AQUACISE		8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness		9:00-10:00 am	Shields	Multi-Purpose
	Awake & Work Out		4:30-5:10 pm	Duttry	Multi-Purpose
	Zumba® Fitness: Original		5:30-6:30 pm	Wolf-Stom	Multi-Purpose
TUE	Wake & Work Out		5:30-6:30 am	Duttry	Multi-Purpose
	WATER TONING		8:30-9:30 am	Smith	Pool
	Silver Sneakers®		10:00-10:45 am	Allen	Multi-Purpose
	Body Fitne <u>SSS</u>		5:00-6:00 pm	McKolosky	Multi-Purpose
	AQUACISE		6:00-7:00 pm	Dennison	Pool
WED	AQUACISE		8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness		9:00-10:00 am	Shields	Multi-Purpose
	Awake & Work Out		4:30-5:10 pm	Duttry	Multi-Purpose
	Zumba® Fitness: Toning & AB Mat Work		5:30-6:30 pm	Wolf-Stom	Multi-Purpose
THU	Wake & Work Out		5:30-6:30 am	Duttry	Multi-Purpose
	WATER TONING		8:30-9:30 am	Smith	Pool
	Silver Sneakers®		10:00-10:45 am	Allen	Multi-Purpose
	Body Fitne <u>SSS</u>		5:00-6:00 pm	McKolosky	Multi-Purpose
	AQUACISE		6:00-7:00 pm	Dennison	Pool
	Karate		6:00-7:30 pm	Walk/Panebianco	Multi-Purpose
FRI	Pound ®		6:15-7:00 am	Norris	Multi-Purpose
	AQUACISE		8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness		9:00-10:00 am	Shields	Multi-Purpose
	Awake & Work Out		4:30-5:10 pm	Duttry	Multi-Purpose
SAT	Zumba® Fitness: Toning & AB Mat Work		7:15-8:00 am	Wolf-Stom	Multi-Purpose
	Wake & Work Out		9:15-10:15 am	Duttry	Multi-Purpose
CYCLING CLASSES 45 MIN			(days/times & instructor schedules	subject to change)	Cycle Room
MON				5:30 pm	
TUE		9:00 am		5:30 pm	
WED					
THU		9:00 am			
FRI					
SAT		8:00 am			

MEMBERS: EVEN THOUGH CLASSES ARE FREE, PLEASE REGISTER EACH 6 WEEK SESSION