

# LAND/WATER FITNESS CLASSES 2026 Winter (1/2-3/21) Spring (3/22-6/13)

All classes below are FREE to Y members, except Karate. Some class instructors offer a monthly calendar for your convenience.

DAY	CLASS	AQUATIC CLASSES IN CAPS	TIME	INSTRUCTOR	PLACE
MON	Strength Training & Toning		5:30-6:30 am	DeSalve	Multi-Purpose
	Strength Training & Functional Fitness		8:00-9:00 am	Shields	Multi-Purpose
	<b>AQUACISE</b>		8:30-9:30 am	Murray	Pool
	Awake & Work Out		4:30-5:10 pm	Duttry	Multi-Purpose
	Zumba ® Fitness: Original		5:30-6:30 pm	Wolf-Stom	Multi-Purpose
	Karate		6:45-8:00 pm	Antonuccio/Panebianco	Multi-Purpose
TUE	Wake & Work Out		5:30-6:30 am	Duttry	Multi-Purpose
	<b>WATER TONING</b>		8:30-9:30 am	Smith	Pool
	Silver Sneakers®		10:00-10:45 am	Ogershok/Bearfield	Multi-Purpose
	Body Fitne <u>SSS</u>		5:00-6:00 pm	McKolosky	Multi-Purpose
	Aquacise		6:00-7:00 pm	Dennison	Pool
WED	Strength Training & Toning		5:30-6:30 am	DeSalve	Multi-Purpose
	Strength Training & Functional Fitness		8:00-9:00 am	Shields	Multi-Purpose
	<b>AQUACISE</b>		8:30-9:30 am	Murray	Pool
	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
	<b>WATER TONING</b>		8:30-9:30 am	Smith	Pool
	Silver Sneakers®		10:00-10:45 am	Ogershok/Bearfield	Multi-Purpose
	Body Fitne <u>SSS</u>		5:00-6:00 pm	McKolosky	Multi-Purpose
	Karate		6:00-7:30 pm	Antonuccio/Panebianco	Multi-Purpose
	Aquacise		6:00-7:00 pm	Dennison	Pool
FRI	Pound ®		6:15-7:00 am	Norris	Multi-Purpose
	Strength Training & Functional Fitness		8:00-9:00 am	Shields	Multi-Purpose
	<b>AQUACISE</b>		8:30-9:30 am	Murray	Pool
	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
	<b>CYCLING CLASSES 45 min</b>	(Days/Times & instructor schedules	subject to change)		Cycle Room
MON TUE		5:30 pm	<b>MEMBERS: PLEASE SIGN UP FOR CLASSES</b> EACH 12-WEEK SESSION, EVEN THOUGH CLASSES ARE FREE		
TUE THU		9:00 am			
SAT		8:00 am			