

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
	AQUACISE	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
	WATER TONING	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
	AQUACISE	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
	WATER TONING	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
	AQUACISE	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
	CYCLING CLASSES 45 min	(Days/Times & instructor schedules)	subject to change)	Cycle Room
MON TUE		5:30 pm	MEMBERS: PLEASE SIGN UP FOR CLASSES EACH 12-WEEK SESSION, EVEN THOUGH CLASSES ARE FREE	
TUE THU		9:00 am		
SAT		8:00 am		