LAND/WATER FITNESS CLASSES 2025 Winter 1 (1/2-2/8) Winter 2 (2/10-3/22) Spring 1 (3/24-5/3)

**UPDATED 3/19** 

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
	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/Ogershok	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
	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/Ogershok	Multi-Purpose
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	Multi-Purpose
	AQUACISE	6:00-7:00 pm	Dennison	Pool
	<b>AQUACISE</b> Karate	6:00-7:00 pm 6:00-7:30 pm	Dennison Walk/Panebianco	Pool Multi-Purpose
FRI		·		
FRI	Karate	6:00-7:30 pm	Walk/Panebianco	Multi-Purpose
FRI	Karate Pound ®	6:00-7:30 pm 6:15-7:00 am	Walk/Panebianco Norris	Multi-Purpose Multi-Purpose
FRI	Karate Pound ® AQUACISE	6:00-7:30 pm 6:15-7:00 am 8:30-9:30 am	Walk/Panebianco Norris Murray	Multi-Purpose  Multi-Purpose  Pool
FRI	Karate Pound ®  AQUACISE  Strength Training & Functional Fitness	6:00-7:30 pm 6:15-7:00 am 8:30-9:30 am 9:00-10:00 am	Walk/Panebianco Norris Murray Shields	Multi-Purpose  Multi-Purpose  Pool  Multi-Purpose
	Pound ®  AQUACISE  Strength Training & Functional Fitness  Awake & Work Out	6:00-7:30 pm 6:15-7:00 am 8:30-9:30 am 9:00-10:00 am 4:30-5:10 pm	Walk/Panebianco Norris Murray Shields Duttry	Multi-Purpose  Multi-Purpose  Pool  Multi-Purpose  Multi-Purpose
	Fitness: Toning & AB Mat Work	6:00-7:30 pm 6:15-7:00 am 8:30-9:30 am 9:00-10:00 am 4:30-5:10 pm	Walk/Panebianco Norris Murray Shields Duttry Wolf-Stom	Multi-Purpose  Multi-Purpose  Pool  Multi-Purpose  Multi-Purpose
	Karate  Pound ®  AQUACISE  Strength Training & Functional Fitness  Awake & Work Out  Zumba® Fitness: Toning & AB Mat Work  Wake & Work Out	6:00-7:30 pm 6:15-7:00 am 8:30-9:30 am 9:00-10:00 am 4:30-5:10 pm 7:15-8:00 am 9:15-10:15 am	Walk/Panebianco  Norris  Murray  Shields  Duttry  Wolf-Stom  Duttry	Multi-Purpose  Multi-Purpose  Pool  Multi-Purpose  Multi-Purpose  Multi-Purpose  Multi-Purpose
SAT	Karate  Pound ®  AQUACISE  Strength Training & Functional Fitness  Awake & Work Out  Zumba® Fitness: Toning & AB Mat Work  Wake & Work Out	6:00-7:30 pm 6:15-7:00 am 8:30-9:30 am 9:00-10:00 am 4:30-5:10 pm 7:15-8:00 am 9:15-10:15 am  (days/times & instructor schedules	Walk/Panebianco  Norris  Murray  Shields  Duttry  Wolf-Stom  Duttry	Multi-Purpose  Multi-Purpose  Pool  Multi-Purpose  Multi-Purpose  Multi-Purpose  Multi-Purpose
SAT	Karate  Pound ®  AQUACISE  Strength Training & Functional Fitness  Awake & Work Out  Zumba® Fitness: Toning & AB Mat Work  Wake & Work Out  CYCLING CLASSES 45 min	6:00-7:30 pm 6:15-7:00 am 8:30-9:30 am 9:00-10:00 am 4:30-5:10 pm 7:15-8:00 am 9:15-10:15 am  (days/times & instructor schedules 5:30 pm	Walk/Panebianco  Norris  Murray  Shields  Duttry  Wolf-Stom  Duttry	Multi-Purpose  Multi-Purpose  Pool  Multi-Purpose  Multi-Purpose  Multi-Purpose  Multi-Purpose