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

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*SSS*	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*SSS*	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
	Sweat Sesh—HITT Cardio	9:00-10:00 am	DeSalve	Racquetball Ct
	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	
THU	9:00 am			
SAT	8:00 am			

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