



Group Fitness Classes (FREE to All-Inclusive, Wellness & Lap Swim Members) - Members Only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 7:30 - 8:30 am Diane / Pool	Starts May 10 Field & Strength (must bring your own mat) 7:00 - 8:00 am Lauren / Outside		Aqua Aerobics 7:15 - 8:15 am Sally / Pool		Mobility, Core & Strength (must bring your own mat) 8:00 - 9:00 am Emmanuel / Charter	
	Total Body Conditioning (must bring your own mat) 8:00 - 9:00 am Robin / Charter Oak 1 & 2	Hydro-Fit Max 8:15 - 9:15 am Polly / Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	AquaRhythms 8:15 - 9:15 am Susan / Pool	Hydro-Fit Max 8:30 - 9:30 am Bonnie / Pool	Complete Cardio (must bring your own mat) 8:30 - 9:30 am Jeannine / Charter Oak 1 & 2
	AquaRhythms 8:15 - 9:15 am Susan / Pool	Pilates Mat & Barre (must bring your own mat) 8:30 - 9:30 am Susan / Pine	Sculpt & Core (must bring your own mat) 8:30 - 9:30 am Barbara / Gym 1	Aqua Aerobics 9:30 - 10:30 am Diane / Pool	Tabata Boot Camp (must bring your own mat) 9:30 - 10:30 am	Zumba 9:30 - 10:30 am Lindy / Gym 1
	AquaZumba 9:30 - 10:30 am Lindy / Pool	Starts May 11 Zumba 9:30 - 10:30 am Becky / Charter Oak 1 & 2	Cardio Blast (must bring your own mat) 9:30 - 10:30 am Denise / Charter Oak 1 & 2	Metabolic Fit (must bring your own mat) 9:30 - 10:30 am Kristen / Charter Oak 1 & 2	Sculpt & Core (must bring your own mat) 9:30 - 10:30 am	
		HIIT (must bring your own mat) 9:30 - 10:30 am Lindy / Gym 1	Hydro-Fit Workout 9:45 - 10:45 am Bonnie / Pool	Cardio Rhythms (must bring your own mat) 9:30 - 10:30 am Susan / Pine	Hydro-Fit Workout 9:45 - 10:45 am Bonnie / Pool	
			Mobility, Core & Strength (must bring your own mat) 10:45 - 11:45 am Emmanuel / Charter Oak 1 & 2			
	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	Aqua Aerobics 9:30 - 10:30 am Sally / Pool	Arthritis H2O Exercise 12:00 - 1:00 pm Bonnie / Pool	H2O Run 6:30 - 7:30 pm Susan / Diane / Pool	Arthritis H2O Exercise 12:00 - 1:00 pm	
		Total Body Conditioning (must bring your own mat) 6:30 - 7:30 pm Jeannine / Charter Oak 1 & 2		Zumba 6:30 - 7:30 pm Alexis / Charter Oak 1 & 2		

Classes Are For Members Only / Reservations Are Required / Register Online Or Call (203) 431-2755.

First Time Registering Online? Members MUST call (203) 431-2755 for a one-time set up process. **Online reservations are available starting at 5:30 am on the day before.** Phone registrations are available the day before, during regular business hours. There are no drop-ins or guests. Please adhere to the scheduled time.

Pool:

Aqua Aerobics - When you're crunched for time, this energized workout is ideal. Non-stop movements of cardio and muscle conditioning will keep you burning calories and having fun.

AquaRhythms - Fast-paced, non-stop, rhythmic cardio workout utilizing shallow and deep water. Strengthen your core, stretch, tighten and tone every inch of your body without breaking a sweat – all to a fusion of inspiring world music.

AquaZumba - Known as the Zumba® “pool party.” A hybrid between water aerobics and traditional Zumba®. The AquaZumba class blends together a safe and challenging workout that's cardio conditioning, body toning, and most of all, exhilarating.

Arthritis H2O Exercise - A recreational water exercise program for persons with arthritis, lupus, fibromyalgia or any other degenerative joint disease. Specially designed exercises that can help improve flexibility.

H2O Run - This class is perfect if you're training for a triathlon, marathon or you just want to cross-train with the best zero-gravity, 360 degree total body tone up. This intensive class includes cardio, drills, sprints, and core strengthening. All levels are welcome.

Hydro-Fit Max - Take your water workout to the max. A variety of exercises with minimum stress to your joints will tighten your core, tone your muscles and the cardio portion will leave you full of energy. Deep and shallow ends of the pool are used.

Hydro-Fit Workout - By using aqua-jogger buoyancy, resistance gear and by taking advantage of the unique properties of the water, participants get a great workout with no impact on the joints. The resistance quality of the water and gear also allows increased cardiovascular and strength simultaneously. All fitness equipment is provided.

Land

Cardio Blast - Your heart will pound as you improve your fitness stamina, agility, coordination, and strength! Cardio Blast is a whole-body workout that burns calories while toning and shaping. This class is for all fitness levels – modify the workout to your current level with low impact options.

Cardio Rhythms - A flowing low to no impact total body workout with an international flair. Move to a fusion of world music and sample cardio dance exercise from all 7 continents. Core strengthening, Pilates, ab section, and barre stretch are included.

Complete Cardio - Begin your weekend with this energized workout. A variety of fun cardio work will keep you moving and motivated.

Field & Strength - New! 60 minutes outside of speed, agility, and body weight strength training for every fitness level.

High Intensity Interval Training (HIIT) - Supercharge your fitness, boost your metabolism, burn off that extra fat with a blow torch, and enable yourself to start reaching those fitness goals.

Metabolic Fitness - Challenge your agility, muscle stabilization, and endurance. Test your stamina with box jumps, burpees, tuck jumps, plyometrics, and mountain climbers.

Mobility, Core & Strength - Follow Coach Emmanuel through muscle activation techniques and calisthenics that will help you feel better, strong, and feel great!

Pilates Mat & Barre - Build core strength, flexibility, and balance. Exercises flow from floor to standing to barre, lengthening and toning your muscles and abs, elongating the spine, and improving posture. All levels are welcome.

Sculpt & Core - Tone your muscles to burn more calories. It's a total body sculpting class with special attention to your core muscles followed by a thorough head to toe stretch. When we have more space in the gymnasium, it's Sculpt & Core. When the class is not in the gymnasium, it's Sculpt.

Tabata Boot Camp - Burn fat, build lean muscle mass, and increase your metabolism for 24 hours post workout by alternating bouts of high intensity resistance training with short bouts of rest. This high energy HIIT format will conclude with 15 minutes of stretching.

Total Body Conditioning - This strength-based class uses various fitness equipment including stability balls, bands, tubes, and dumbbells. Participants will challenge their stability, balance, strength, and flexibility. All levels are welcome.