

Group Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Transform Lisa 7-7:30AM	Power Circuit Lisa 7-7:30AM	Indoor Cycling Lisa 8-9AM	Power Circuit Lisa 7-7:30AM	Transform Lisa 7-7:30AM	
	*Aquacise Daipai 8:15-9:15AM	Indoor Cycling Lisa 7:45-8:30AM	*Aquacise Debbie 8:15-9:15AM	Indoor Cycling Lisa 9-10AM	*Aquacise Debbie 8:15-9:15AM	
	Body Sculpt Daipai 9:30-10:30AM	*Aquacise Daipai 9-10AM	Body Sculpt Debbie 9:30-10:30AM	*Aquacise Mary Anne 9-10AM	POUND Debbie 9:30-10:15AM	
	Balls, Bands & Bells -Lisa 10:30-11:15AM	Youth Sports Daipai 10:00-11:00AM			Balls, Bands & Bells -Lisa 10:15-11AM	Zumba PJ 10-11AM
		Silver Sneakers Debbie 10:15-11AM	Silver Sneakers Tamari 10:45-11:30AM	Silver Sneakers Daipai 10:15-11:00AM	Silver Sneakers Debbie 11AM-12PM	
Yoga - Tamari Hatha/Kripalu 2:30-3:30PM	Yoga - Chris Vinyasa Flow 11:30AM-12:30PM		Yoga -Tamari Hatha / Kripalu 11:45-12:45PM			
		*Aquacise Michelle 4-5PM		*Aquacise Michelle 4-5PM		
	Indoor cycling Amanda 5:30-6:30PM	Spin & Sculpt Amanda 5:15 - 6:15PM	Indoor Cycling Amanda 5:30-6:30PM		Yoga -Chris Vinyasa Flow 5:30-6:30PM	
	Zumba PJ 5:30-6:30PM		Yoga - Tamari Hatha/Kripalu 5:30-6:30PM	Zumba PJ 5:30-6:30PM	ATTENTION MEMBERS: Classes cancelled will be sent out in an email. If you wish to receive our Canaan branch emails please visit our website. www.nwcty.org	
	Yoga -Chris Vinyasa Flow 6:30-7:30PM	Power Circuit Lisa 6:30-7:00PM	Hardcore Abs Amanda 6:30-7:00PM	Power Circuit Chris 6:30-7:00PM		

Classes marked with an * are paid programs

Revised Sept, 19 2019