

THE GYMNASIUM IS CLOSED AT THIS TIME

We apologize for the inconvenience.

Due to COVID-19, and state social distancing guidelines, we now have to limit the number of members in the building, and be sure to maintain a distance of 12' when exercising without a mask on.

We are holding **Group Ex & Cycling classes** in the gymnasium as we can maintain that 12' distance easily. Check out the schedule below and join us, safely!

**TORRINGTON
GROUP EX & CYCLING**

**WINSTED
GROUP EX & CYCLING**

