

CANAAN GROUP EXERCISE & CYCLING SCHEDULE SUMMER 2020 (starting Aug 3rd)



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|----------|
| 6:00 AM Bodyweight Strength & Conditioning Janice | 7:00 am Power Circuit Lisa | | 7:00 am Power Circuit Lisa | | |
| 8:00 am Transform Lisa | | | 10:00 AM Balls, Bands & Bells Lisa | 8:00 am Transform Lisa | |
| 10:00 AM SilverSneakers Classic Tamari | 10:00 AM Balls, Bands & Bells Lisa | 10:00 AM SilverSneakers Classic Tamari | 10:00 AM SilverSneakers Classic Tamari | 10:00 AM SilverSneakers Classic Lisa | |
| 10:00 AM SilverSneakers Classic Lisa | 11:00 AM Tai Chi Joe | 10:00 AM SilverSneakers Classic Lisa | 11:00 AM Tai Chi Joe | | |
| | | | | | |
| 4:30 PM All Levels Yoga Barbara | | | | | |
| | 5:00 PM Body Sculpt Amanda | 5:00 PM Bodyweight Strength & Conditioning Janice | 5:00 PM Body Sculpt Amanda | 5:00 PM All Levels Yoga in the Park Barbara | |
| | | 5:30 PM Cardio Strength & Abs Lorraine | | | |

Attention Members

To allow for social distancing, registration is now required for participation in Group Classes.

Class Key:

- = Live-Stream
- = Outdoor
- = At Coe Park (in Torrington)

Please register for classes on MotionVibe:

nwcty.motionvibe.com

The schedule may change from time-to-time as we add more classes, but will be kept up to date on MotionVibe, where you register for classes.

Class cancellations will be sent in an email to the members. To sign up for emails please visit our website.

www.nwcty.org

For help making reservations, [CLICK HERE.](#)

Outdoor Cycling Calendar (on the Canaan Pool Deck)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|-----------------------------|-------------------------------|-----------------------------|-------------------------------|----------|
| 6:30 AM with Lisa | | 6:30 AM with Lisa | | 6:30 AM with Lisa | |
| | 8:30 AM with Lisa | | 8:30 AM with Lisa | | |
| | | | | | |
| | | | | | |
| 5:00 PM with Amanda | | 5:00 PM with Amanda | | 5:00 PM with Amanda | |



**Click here to
register on
MotionVibe**