



FITNESS SCHEDULE

Winter 2025

All Levels
 Entry
 Intermediate
 Advanced

Gym Orientation & 1 on 1 Training by Appointment Only Call Fitness Dept. 631-593-8335

MONDAY

8:15 am	Zumba	Rachel	Fitness Studio	NEW
9:00 am	Supervised Fitness	Rick	Gym	NEW
9:15am	Aquacize	Libby	Pool	
9:30 am	Tai Chi	Sarah	Fitness Studio	
10:15am	Free Swim (1 hour)	Libby	Pool	
10:00 am	Upward Mobility	Sarah	Fitness Studio	NEW
11:00 am	Yoga	Sarah	Fitness Studio	
2:00 pm	Shadow Boxing	Rick	Fitness Studio	NEW
4:00 pm	Free Swim (1 hour)	Rick	Pool	

TUESDAY

9:00 am	Free Swim until 11:00 am	Libby	Pool	
9:30 am	Circuit	Rick	Gym / Fitness Studio	NEW
11:30 am	Slim n' Sassy Strength Training	Christa	Fitness Studio	NEW
2:00 pm	I Balance Assessment (by appointment only)	Rick	Gym	NEW
3:00 pm	Supervised Fitness	Christa / Rick	Gym	NEW
4:00 pm	Free Swim (1 hour)	Christa	Pool	

WEDNESDAY

9:15 am	Aquacize	Libby	Pool	
9:30 am	Studio 1500	Sarah	Fitness Studio	NEW
10:15 am	Free Swim	Libby	Pool	
10:30 am	Core Fusion Mat	Sarah	Fitness Studio	NEW
11:30 am	Chair Yoga	Sarah	Fitness Studio	
1:00 pm	Gym Orientation (by appointment only)	Rick	Gym	NEW
2:00 pm	Supervised Fitness	Rick	Gym	NEW
4:00 pm	Free Swim (1 Hour)	Rick	Pool	

THURSDAY

9:00 am	Free Swim until 11:00 am	Pool Attendant	Pool	
9:30 am	Circuit	Rick	Rick	NEW
10:30 am	Zumba	Rachel	Fitness Studio	NEW
11:30 am	Slim 'n Sassy Strength Training	Christa	Fitness Studio	
2:00 pm	I Balance Assessment (by appointment only)	Rick	Gym	NEW
3:00 pm	Supervised Fitness	Christa / Rick	Gym	NEW
4:00 pm	Free Swim (1 hour)	Christa	Pool	

FRIDAY

9:00 am	Yoga	Christa	Fitness Studio	NEW
9:00 am	Supervised Fitness	Rick	Gym	NEW
10:00 am	Upward Mobility	Rick	Fitness Studio	NEW
11:00 am	Supervised Swim (1 hour)	Christa	Pool	
1:00 pm	Gym Orientation (by appointment only)	Rick	Gym	NEW
2:00 pm	Box, Balance , Core	Christa	Fitness Studio	NEW
2:00 pm	Supervised Fitness	Rick	Gym	NEW
4:00 pm	Free Swim (1 hour)	Christa	Pool	

FITNESS DESK (631) 593-8335

CLASS DESCRIPTIONS



Fitness Supervisor
Rick Dignus

“Upward Mobility” / Balance Therapy- ALL LEVELS

Maintain a vibrant lifestyle with exercises that strengthen and stabilize the muscles needed to remain upright. Improve alignment and practice balance while sitting, standing and walking to help prevent falls.

Circuit- ADVANCED

A standing based workout designed to strengthen core, arms & legs using dumbbells, bands, tubing & balls as well as a mat for floor work. Class ends with static stretching to increase overall flexibility.

Aquacize- ALL LEVELS

Functional movements in the pool to increase mobility, range of motion and strength.

Slim N' Sassy Strength Training-INTERMEDIATE

A chair based workout geared to increase strength and muscle endurance of your core and extremities. Work to improve your posture & coordination while moving to specific tempos with use of gliding disc, dumbbells, balls and bands. Class ends with 10 minutes of stretch and relaxation.

Studio 1500 Advanced

A Blend of cardio, strength, functional movement and balance. Standing and mat work.

Shadow Boxing- ALL LEVELS

This full body workout will enhance muscle memory, balance, strength and endurance.

Yoga - ALL LEVELS

Improve posture, balance and flexibility while relieving stress. Finish with breath work guided imagery and mindful meditation. Leave feeling refreshed! Seated and standing poses with the support of chair or barre.

NEW!

Tai Chi- ALL LEVELS

Cultivate Chi (life force) with slow gentle movement, breath awareness and focus on the mind body connection. This practice is done standing and is beneficial for balance, arthritis, chronic pain hyper-tension, high blood pressure and overall well being.

Core Fusion Mat

Fluid Exercise's on the mat to strengthen the core and lengthen and tone the entire body.

BRING YOUR OWN MAT

Chair Yoga Basics- ALL LEVELS

Improve posture, balance and flexibility while relieving stress.

Box Balance Core

NEW!

Challenge your core strength while simultaneously shadow boxing

Strength & Balance

A workout designed to strengthen your body & improve your balance

Cardio Mix

Low impact cardio combined with a strength sequence

Zumba

Dance your way to a fitter you.

NEW!



Sarah Williams



Libby Koch



Christa Schleicher



Rachel Thomas

ALL DAY EVERY DAY
Pickleball - Tennis - Basketball - Bocce - Croquet

**See the Arts & Leisure for the full schedule
of broadcasted classes on PLTV 592.**