



# FITNESS SCHEDULE

Winter 2026

All Levels
  Entry
  Intermediate
  Advanced

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

MONDAY

9:00 am	Supervised Fitness	Rick	Gym	
9:15 am	Aquacize	Libby	Pool	
9:30 am	Tai Chi	Sarah	Fitness Studio	
10:15 am	Free Swim (1 hour)	Libby	Pool	
10:00 am	Upward Mobility	Sarah	Fitness Studio	
11:00 am	Yoga	Sarah	Fitness Studio	
2:00 pm	Shadow Boxing	Rick	Fitness Studio	
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	Fitness Studio / Gym	
10:30 am	Super Slow Stretch	Rachel	Fitness Studio	NEW
11:30 am	Slim n' Sassy Strength Training	Christa	Fitness Studio	
1:00 pm	I Balance Assessment (by appointment only)	Rick	Gym	NEW
3:00 pm	Supervised Fitness	Christa	Gym	
4:00 pm	Free Swim (1 hour)	Christa	Pool	

WEDNESDAY

8:30 am	Zumba	Rachel	Fitness Studio	NEW
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
2:00 pm	Dancing with Parkinson's	Regan	Studio	NEW
3:00 pm	Dancing with Parkinson's	Regan	Studio	NEW
4:00 pm	Free Swim (1 Hour)	Rick	Pool	

THURSDAY

9:00 am	Free Swim until 11:00 am	Libby	Pool	
9:30 am	Circuit	Rick	Fitness Studio / Gym	NEW
10:30 am	Super Slow Stretch	Rachel	Fitness Studio	NEW
11:30 am	Slim 'n Sassy Strength Training	Christa	Fitness Studio	
2:00 pm	Pickleball	Christa	Fitness Studio	NEW
2:00 pm	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	
9:00 am	Supervised Fitness	Rick	Gym	
10:00 am	Upward Mobility	Rick	Fitness Studio	
11:00 am	Supervised Swim (1 hour)	Christa	Pool	
1:00 pm	Gym Orientation (by appointment only)	Rick	Gym	
2:00 pm	Box, Balance , Core	Christa	Fitness Studio	
2:00 pm	Supervised Fitness	Rick	Gym	
4:00 pm	Free Swim (1 hour)	Christa	Pool	

My Fitness Goal Is \_\_\_\_\_

**FITNESS DESK (631) 593-8335**

# CLASS DESCRIPTIONS



**Fitness Manager**  
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.

## **Zumba - ALL LEVELS**

Dance your way into a great day.

## **Slim N’ Sassy Strength Training—INTERMEDIATE**

A chair based workout geared to increase strength and muscle endurance. Work to improve posture & coordination while moving to tempos using 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.

## **Super Slow Stretch- ALL LEVELS**

Gentle mindful form of stretching that enhances flexibility, releases muscle tension, improves circulation and encourages the body to relax.

## **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.

## **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—INTERMEDIATE**

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

**BRING YOUR OWN MAT**

## **Box Balance Core- ALL LEVELS**

Challenge your core strength and balance while shadow boxing

## **Chair Yoga Basics- ALL LEVELS**

Improve posture, balance and flexibility while relieving stress.

## **Dancing with Parkinson’s- ALL LEVELS**

Empowerment through movement. Classes build confidence, improve mobility, nurture community, and celebrate artistry. Music and dance unlock strength, resilience, and creativity—every step a gesture of grace, reminding us that dance belongs to everyone.



Sarah Williams



Libby Koch



Christa Schleicher



Rachel Thomas



Regan Battuello

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

**Please Wear Proper Footwear For  
All Physical Activities**