

Torrington Branch  
Aerobics Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am							
6am	Pilates	Strength & Agility Training	Pilates	Strength & Agility Training	Pilates		
7am							
8am							
9am							
10am			Silver Sneakers Cardio Circuit	Gentle Sculpt		Barbell Bootcamp	
11am	Silver Sneakers MSROM		Silver Sneakers Yoga Stretch		Silver Sneakers MSROM	Butt & Leg Blast	
12pm	PowerPump			Yoga	PowerPump		
1pm							
2pm							
3pm							
4pm	Yoga		Yoga				
5pm		Yoga		Yoga			
6pm	Full Body Blast		Strength & Agility Training				
7pm	Cardio & Sculpt	Gentle Body Conditioning		Gentle Body Conditioning			
8pm		Gentle Stretch		Gentle Stretch			
9pm							