

UVAC Class Descriptions

Boot Camp B,I,A
A powerful and challenging workout to improve cardiovascular endurance, muscular and core strength using a wide variety of moves. You will use an assortment of equipment such as steps, bosu balls, body bars and weights.

Boxing Circuit B,I,A
Learn basic boxing skills while getting a well-rounded workout. This class is designed for all skill levels, and is a great entry-level boxing and cardio class.

Cardio Kickboxing B,I,A
Cardio-focused with conditioning intervals, encompassing movements from multiple martial arts including karate, muay thai and taekwondo.

Circuit Training B,I,A
55 minutes of full body resistance training using balls, weights, body bars, bands and intense circuits for a total body workout in a group setting.

Early Riser Strength B,I,A
A strength class that works the whole body. Use free weights, bands, balls, as well as body weight exercises. Participate in non-stop strength building exercises that will increase muscular endurance and get you ready to embrace your day!

Essential Conditioning I,A
A whole body workout designed to target all main muscle groups to improve overall strength and mobility. This course uses a circuit structure that includes agility, Resistance, and a variety of equipment.

Kettlebell Strength B,I,A
A resistance training-based group class focused on improving and maintaining strength and muscle development using primarily kettlebells for a wide variety of movements, but other implements such as dumbbells and resistance bands will be utilized for variety and a well-rounded program.

Low-Impact Circuit Training B,I,A
A total body conditioning class that incorporated weights, bands, TRX, and balls through various circuits. The class is high intensity, but low impact on the joints, making it great for all ages and abilities.

Power Hour B,I,A
A challenging small group-based circuit style class with timed work and rest periods. You'll be performing various strength and conditioning exercises at a fast pace using dumbbells, kettle balls, TRX, and your own body weight. Get your heart rate up and boost your metabolism.

TRX B,I,A
A unique strength building exercise using straps and your own body weight to build cardiovascular health, stamina, core stability and improve posture and balance. This training style WILL provide every tool you need to reach your goals. Fourteen spots available per class.

Zumba B,I,A
Focuses on Latin movements with added cardiovascular drills. An hour long class that gets your body moving to the beat and working up a sweat! Each instructor adds their own style. Jayashree combines classic Zumba moves with Bollywood dancing in her class

Group Cycling B,I,A
A high-energy, fat-burning, indoor cycling workout. No matter what your fitness level, you'll burn calories and have fun! Great music, camaraderie and visualization in a complete mind/body exercise program for unparalleled fitness results. You can burn an average of 500 calories in a 40-minute class!

Deep Water Variations B,I,A
A deep pool, low-impact workout with a high impact on your cardiovascular system. Wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobic routines.

Deep Water Volleyball B,I,A
A fun full body, deep water workout designed to improve strength and cardiovascular fitness using a safe yet challenging mix of water walking/running and volleyball.

Warm Water Essentials B,I,A
Come join Sue learning the art of water tabata. Toning your muscles, straightening your alignment, working on core, balance, and strength all while having fun.

H2O To Go B,I,A
This class is low stress on the joints and very beneficial for the body. Various movements are performed while using noodles and water weights to increase resistance and difficulty. The entire class takes place in the warm water pool. All levels welcome!

Mahi in Water B,I,A
Pilates mat and reformer exercises adapted to water. Learn the moves of Mahi Pilates easier without the fear of falling and less pain due to high range of motion in the water. Proper alignment, core support, and spine mobility are the main focus of the exercises.

Splash HIIT B,I,A
A high intensity aqua class with exercises to increase strength and cardiovascular fitness. Being in the water makes all exercises have a low impact on the joints of the body and still receive all the benefits as if they were to be done on land.

S'WET B,I,A
Structured Water Exercise Training program designed to incorporate unique blocks of activity, each with a specific purpose, focused on HIIT, strength and cardio training.

Alternative Flow Yoga B,I,A
Alternative yoga incorporates traditional yoga focused on postures and breathing, but has a Westernized twist. It adds something unique to the mix that will have an added benefit to the body, mind or both.

Yoga Strength and Balance B,I,A
Strength and Balance are the key attributes for the physical and mental health of our body. The sequences will lead you through the wonderful practice in yoga to develop these qualities. Yoga props will be used to accommodate all participants.

Gentle Yoga B,I,A
Includes carefully orchestrated movements, controlled pressure, well-measured stretches, and range of motion exercises. Encourages a highly individualized approach to practice with on-going moment-to-moment adjustments. For those who want a softer, nurturing, slow-paced, well-supported and relaxing practice.

Beginner Slow Flow Yoga B,I
Discover the world of yoga at your own pace with Beginner's Slow Flow Yoga class. This gentle introduction focuses on basic poses, mindfulness, breathwork, and relaxation. Chairs available. (not req.)

Mat Pilates B,I,A
Develop core strength, flexibility, balance, and stamina while you lengthen and strengthen your muscles with this highly effective low- impact workout!

Slow Flow Yoga B,I,A
A slow paced class designed to rejuvenate and heal the body. Focus is on alignment, strength and flexibility.

Vinyasa Yoga B,I,A
Movements are synchronized with the breath while practicing traditional asana (poses) and sequences: sun salutations, standing and seated poses, back bends and an opportunity to learn/practice inversions.

Masters Swim
Improve your fitness and stroke technique with inspired coaching, camaraderie and a convenient work-out schedule in a fun and challenging environment. Designed to help you reach YOUR swimming goals. (18 yrs and up).

LAND BASED CLASSES CYCLING
AQUATIC CLASSES MIND BODY CLASSES
PAID PROGRAMS

PALS for Life
A FREE safe and effective research-based exercise program Small Group Training Program for Breast Cancer Survivors following the University of Pennsylvania PAL (Physical Activity and Lymphedema Study) protocol. PALS for Life welcomes anyone who has been affected by breast cancer. A doctor referral and consultation with a physical therapist is required to participate.

PALS for Life Bridge Program
Affordably priced small group training for those who have completed the PALS protocol and want to do additional training. This program is based upon the Strength and Courage Project.

Living Beyond Cancer
Affordably priced group supported training for cancer survivors. There is mounting evidence that exercise and rehabilitative interventions improve outcomes for cancer survivors. Open to those living with breast cancer and beyond.

Pilates Essential Reformer
The essentials of Pilates with the Reformer machine. Sculpt long, lean muscles and challenge your core for a noticeable difference in your posture. Taught by Jenny and Maryann.

Staying Active
Learn bodyweight exercises that focus on: Core work, multi-joint and multi-muscular movement to improve flexibility and range of movement. Great functional training for life's activities for individuals with Parkinson's Disease!

Rock Steady Boxing (RSB)
RSB is a health and wellness program for people with Parkinson's Disease. It's based on a foundation of non-contact boxing, and it's very effective for improving many PD symptoms. RSB focuses on stretching, strengthening, balance, executive functioning, and fine motor skills.

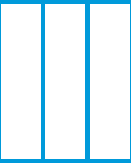
TribeFIT™ is designed to make you functionally fit. By combining athletic, aerobic movements with functional strength exercises means this program will have you looking and feeling amazing. Inspirational TribeFIT™ Coaches and powerful music will drive you and motivate you to new levels of strength and fitness season after season.

TribeLIFE™ is a dynamic program engineered to empower you with functional fitness, ensuring you're prepared for any curveball life may hurl your way. In a world marked by unpredictability and ever-changing demands, TribeLIFE™ serves as your steadfast companion, ready to fortify your physical and mental well-being.

TribePUNCH™ is a comprehensive TRIBEteam training program designed to turn you into a formidable, lean, and skilled fighter. Boxing has earned its reputation as a top fitness trend for good reason. It's a high-energy workout that burns calories, boosts endurance, sculpts muscles, and instills unwavering confidence that extends to every aspect of your life.

TribeCORE™ is a comprehensive program meticulously designed to fortify the essential muscle groups encompassing your pelvis, hips, back, shoulders, and abdomen. Whether your goals involve perfecting your golf swing, enhancing athletic prowess, or achieving a svelte physique, TribeCORE™ is your ideal fitness companion. TribeCORE™ isn't just an exercise regimen; it's a journey towards unlocking your core's full potential.

TribeKIDS™ involves exercises that are fundamental to all things that kids need to do as their bodies grow – pull, push, run, jump, throw, climb and lift. Dedicated TribeKIDS™ Coach will motivate and coach our kids every step of the way encouraging them to new levels of fitness, strength and confidence season after season.



UPPER VALLEY
AQUATIC
CENTER
uvacswim.org

Class Schedule

MARCH 2024 AT-A-GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Swim Meet Group Fitness Orientation 10:00am <small>Sign-up at Welcome Desk</small>
3	4	5 Group Fitness Orientation 10:00am <small>Sign-up at Welcome Desk</small>	6	7	8	9
10 + CPR/AED/ First Aid Class 10:00-12:00	11 Season 2 Tribe Starts PEP Classes Starts	12	13	14 Group Fitness Orientation 10:00am <small>Sign-up at Welcome Desk</small>	15 Swim Meet	16 Swim Meet Group Fitness Orientation 10:00am <small>Sign-up at Welcome Desk</small>
17	18	19 <i>Hello Spring!</i>	20 <i>World Happiness Day</i>	21	22 + Lifeguard Certification Fri, Sat, Sun	23
24 <div>UVAC Closed Happy Easter</div> 31	25	26	27	28 Group Fitness Orientation 10:00am <small>Sign-up at Welcome Desk</small>	29	30

Facility Hours
Weekdays 5:00 am – 7:30 pm
Saturday 6:30 am – 4:00 pm
Sunday 7:30 am – 3:00 pm

Pools close 15 minutes early

WEATHER HOTLINE
802.698.8361

802.296.2850
UVACswim.org

March 2024

All classes are free to members unless noted otherwise. See Legend.

Group Exercise – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM TribeFIT™ Erin Buck	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM TribeFIT™ Erin Buck	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	8:30 AM – 9:25 AM Cardio Kickboxing Darcy Pooler	
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM *TribeLIFE™ Erin Buck (HFD only)	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM *TribeLIFE™ Erin Buck (HFD only)			
	8:00 AM – 8:45 AM TRX Signe Linville		8:00 AM – 8:45 AM TRX Signe Linville	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
9:30 AM –10:30 AM TribeLIFE™ Erin Buck	9:00 AM – 10:00 AM *PALS for Life Erin Buck	9:30 AM –10:30 AM TribeLIFE™ Erin Buck	9:00 AM – 10:00 AM *PALS for Life Erin Buck		9:30 AM – 10:25 AM Zumba Liza Fredrickson	9:30 AM – 10:25 AM Zumba Jayashree Acharia
9:45 AM – 10:40 AM Power Hour Larry Ruffing	9:15 AM – 10:15 AM TRX Larry Ruffing	10:30 AM – 11:30 AM *Beyond Cancer Erin Buck	9:15 AM – 10:15 AM TRX Larry Ruffing		10:30 AM – 11:25 AM Boxing Circuit Wyatt Guillette	
10:30 AM – 11:30 AM *Beyond Cancer Erin Buck	10:15 AM – 11:15 AM Low Impact Circuit Parker Licari	9:45 AM – 10:40 AM Power Hour Larry Ruffing	10:15 AM – 11:15 AM Boxing Circuit Wyatt Guillette	9:45 AM – 10:40 AM Power Hour Larry Ruffing		
11:00 AM – 11:55 AM TribeCORE™ Larry Ruffing	10:30 AM – 11:25 AM *TribeLIFE™ Larry Ruffing	11:00 AM – 11:55 AM TRX Larry Ruffing	10:30 AM – 11:25 AM *TribeLIFE™ Larry Ruffing	11:00 AM – 11:55 AM TribeCORE™ Larry Ruffing		
12:30 PM – 2:00 PM RSB – Stages 3-4 Wyatt Guillette	11:15 AM – 12:10 PM TribePUNCH™ Wyatt Guillette	11:30 AM – 12:25 PM TribeKIDS™ Melanie Viegener	11:15 AM – 12:10 PM TribePUNCH™ Wyatt Guillette	12:30 PM – 2:00 PM RSB – Stages 3-4 Wyatt Guillette	<div>LEGEND</div> <div>Land Classes and Programs</div> <div>Fee Based Classes</div> <div>Group Cycling</div> <div>Mind Body Classes and Programs</div> <div>Warm Water Classes and Programs</div> <div>Competition Pool Classes and Programs</div>	
	12:30 PM – 1:30 PM Staying Active Brandon Thibodeau	12:30 PM – 2:00 PM RSB – Stages 1-2 Wyatt Guillette	12:30 PM – 1:30 PM Staying Active Brandon Thibodeau			
4:00 PM –4:55 PM *TribeLIFE™ Josh Grant		4:00 PM –4:55 PM *TribeLIFE™ Josh Grant				
	4:30 PM - 5:25 PM Boot Camp Wyatt Guillette		4:30 PM – 5:25 PM Kettlebell Strength Parker Licari	4:30 PM - 5:25 PM TRX Anh Nguyen		
5:00 PM – 5:55 PM TribeFIT™ Parker Licari		5:00 PM - 5:55 PM TribeFIT™ Parker Licari	6:00 PM - 6:55 PM Boot Camp (ends 3/11) Selena Legacy		<div>Special Locations</div> <div>^ Fitness Floor - Outside Class * Training Studio + Mind Body Studio</div>	
6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:00 PM – 6:55 PM *TribePUNCH™ Darcy Pooler	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:00 PM – 6:55 PM *TribePUNCH™ Darcy Pooler			

All classes are 55 minutes unless otherwise noted

Group Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM – 6:25 AM Cycling Melanie Viegener		5:30 AM – 6:25 AM Cycling Melanie Viegener			
8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling Parker Licari	8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling Parker Licari	8:15 AM – 9:10 AM Cycling Adrianne Pelton	8:15 AM – 9:10 AM Cycling Rotating Instructor	9:00 AM – 9:55 AM Cycling Tyler Bergmeier
6:00 PM – 6:55PM Cycling Anh Nguyen		6:00 PM – 6:55 PM Cycling Tyler Bergmeier	5:15 PM – 6:00 PM Cycling Amy Thacker			

Cancellations: While we do our very best to avoid class cancellations, our schedule is based on our instructor availability. In the event an instructor is injured, ill, or out of town some classes may be canceled. No Call/No Show Policy for Reservations Unless Welcome Desk is notified of a late arrival, if a member arrives more than 5 min. past start time of reservation, and no other spots are available, reservation will be canceled and the spot will become available.

March 2024

All classes are free to members unless noted otherwise.

Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM – 9:10 AM Yoga Strength/Balance Carole Petrillo	8:00AM – 9:15AM Pilates Reformer Jenny Armstrong		8:00AM – 9:15AM Pilates Reformer Jenny Armstrong			
9:30 AM – 10:25 AM Mat Pilates Elda Esim	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong			10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:45 AM – 11:40AM Pilates Reformer Maryam Paydarfar	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	10:45 AM – 11:40AM Pilates Reformer Maryam Paydarfar	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	9:00 AM – 9:55 AM Mat Pilates Jenny Armstrong	10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	
				10:00 AM – 10:55 AM TRX Jenny Armstrong		
4:30 PM – 5:25 PM TRX (ends 3/11) Selena Legacy				11:00 AM – 11:55 AM Gentle Yoga Jenny Armstrong		
5:30 PM – 6:25 PM Beg. Slow Flow Yoga Megan Chapman	5:00 PM – 5:55 PM Zumba Jayashree Acharia	5:00 PM – 5:55 PM Beg. Slow Flow Yoga Amy McClure	5:00 PM – 5:55 PM Zumba Liza Fredrickson			
	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills	6:00 PM – 6:55 PM Cardio Kickboxing Darcy Pooler	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	6:30 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM S'WET Kathleen Danforth	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM S'WET Kathleen Danforth	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:15 AM Splash HIIT Kathleen Danforth	7:30 AM – 8:25 AM Masters Swim Barbara Hummel
7:30 AM – 8:25AM Warm Water Essentials Sue Belisle		7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	9:00 AM – 10:00 AM Masters Swim Signe Linville			9:45 AM – 10:45 AM Masters Swim Barbara Hummel
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	9:00 AM – 9:55 AM Warm Water Essentials Sue Belisle	<div>LEGEND</div> <div>Land Classes and Programs</div> <div>Fee Based Classes</div> <div>Group Cycling</div> <div>Mind Body Classes and Programs</div> <div>Warm Water Classes and Programs</div> <div>Competition Pool Classes and Programs</div>	
	11:00 AM – 11:55 PM Water Volleyball Alan Hernandez	10:00 AM – 10:55AM DW Variations Garrett Wilson	11:00 AM – 11:55 AM Splash HIIT Signe Linville	11:00 AM – 11:55 PM Water Volleyball Alan Hernandez		
11:30 AM – 12:25 PM Splash HIIT Signe Linville	11:15 AM – 12:10 PM Splash HIIT Signe Linville	11:45 AM – 12:15 PM Mahi in Water Maryam Paydarfar	12:00 PM – 12:55 PM Splash HIIT Signe Linville			
11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Signe Linville	12:15 PM – 12:40 PM Mahi in Water Maryam Paydarfar		12:00 PM – 12:55 PM DW Variations Garrett Wilson		
5:15 PM – 6:10 PM H2O to Go Sue Belisle	5:30 PM – 6:25 PM Splash HIIT Parker Licari	5:15 PM – 6:10 PM H2O to Go Sue Belisle	5:30 PM – 6:25 PM Splash HIIT Parker Licari		<div>LOCATIONS</div> <div>Group Exercise Studio</div> <div>Class Specific Locations</div> <div>Cycling Studio</div> <div>Mind Body Studio</div> <div>Warm Water Pool</div> <div>Competition Pool Classes and Programs</div>	
	6:05 PM – 7:05 PM Masters Swim Barbara Hummel	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Class	6:05 PM – 7:05 PM Masters Swim Barbara Hummel			
6:05 PM – 7:05 PM Masters Swim Barbara Hummel						