

# APRIL 2025

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

## Group Exercise Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci	6:00 AM – 6:55 AM <b>TribeLIFE™</b> Coach Erin	5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci	6:00 AM – 6:55 AM <b>TribeLIFE™</b> Coach Erin	5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci	8:30 AM – 9:25 AM <b>Cardio Kickboxing</b> Darcy Pooler			
7:45 AM – 8:40 AM <b>*Functional Fitness</b> Alan Hernandez		7:45 AM – 8:40 AM <b>*Functional Fitness</b> Alan Hernandez			8:00 AM – 8:55 AM <b>*TribeKIDS™</b> Coach Wyatt			
8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	8:00 AM – 9:00 AM <b>TribeLIFE™</b> Coach Erin	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	8:00 AM – 9:00 AM <b>TribeLIFE™</b> Coach Erin					
8:30 AM – 9:25 AM <b>*TribeCORE™</b> Coach Wyatt	9:00 AM – 10:00 AM <b>*PALS for Life Bridge</b> Erin Buck	8:30 AM – 9:25 AM <b>*TribeCORE™</b> Coach Wyatt	9:00 AM – 10:00 AM <b>*PALS for Life Bridge</b> Erin Buck	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck				
10:00 AM – 10:55 AM <b>ZUMBA</b> Nikki Batra	10:00 AM – 11:00 AM <b>*PALS for Life</b> Erin Buck		10:00 AM – 11:00 AM <b>*PALS for Life</b> Erin Buck	9:30 AM – 10:20 AM <b>TRX</b> Erin Buck	9:30 AM – 10:25 AM <b>Zumba</b> Liza Fredrickson	9:30 AM – 10:25 AM <b>Zumba</b> Jayashree Acharia		
10:30 AM – 11:30 AM <b>*Beyond Cancer</b> Erin Buck		10:30 AM – 11:30 AM <b>*Beyond Cancer</b> Erin Buck	9:10 AM – 10:10 AM <b>Power Hour</b> Larry Ruffing		10:30 AM – 11:25 AM <b>Boxing Circuit</b> Wyatt Guillette			
11:00 AM – 11:50 AM <b>TRX</b> Garrett Wilson	9:10 AM – 10:10 AM <b>Power Hour</b> Larry Ruffing	9:45 AM – 10:40 AM <b>Power Hour</b> Dan Talbot	10:15 AM – 11:10 AM <b>Low Impact Circuit</b> Parker Licari	10:30 AM – 11:25 AM <b>Boxing Circuit</b> Wyatt Guillette	11:30 AM – 12:25 PM <b>Boxing Skills</b> Wyatt Guillette			
12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> Wyatt Guillette	10:15 AM – 11:10 AM <b>Low Impact Circuit</b> Parker Licari	11:00 AM – 11:50 AM <b>TRX</b> Alan Hernandez	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Larry Ruffing	12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> Wyatt Guillette	<b>PROGRAM LEGEND</b> <div style="border: 1px solid black; padding: 5px;"> <div style="background-color: #4CAF50; color: white; padding: 2px;">Land Classes and Programs</div> <div style="background-color: #FF9800; color: white; padding: 2px;">Fee Based Classes</div> <div style="background-color: #F44336; color: white; padding: 2px;">Group Cycling</div> <div style="background-color: #9C27B0; color: white; padding: 2px;">Mind Body Classes and Programs</div> <div style="background-color: #395468; color: white; padding: 2px;">Warm Water Classes and Programs</div> <div style="background-color: #009688; color: white; padding: 2px;">Competition Pool Classes and Programs</div> </div>			
4:00 PM – 4:55 PM <b>*UVAC Boxing</b> Wyatt Guillette	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Larry Ruffing	4:00 PM – 4:55 PM <b>*TribeLIFE™</b> Coach Parker	12:30 PM – 2:00 PM <b>PWR!Moves</b> Brandon Thibodeau	2:00 PM – 3:30 PM <b>RSB – Stages 3-4</b> Wyatt Guillette				
4:00 PM – 4:55 PM <b>*TribeLIFE™</b> Coach Parker	12:30 PM – 2:00 PM <b>PWR!Moves</b> Brandon Thibodeau	4:00 PM – 4:55 PM <b>Zumba</b> Jayashree Acharia	4:00 PM – 4:55 PM <b>*UVAC Boxing</b> Wyatt Guillette					
5:00 PM – 5:55 PM <b>Kettlebell Strength</b> Morganne Young	3:30PM – 4:25 PM <b>TribeKIDS™</b> Coach Melanie	5:00 PM – 5:55 PM <b>Cardio Kickboxing</b> Darcy Pooler		4:30 PM - 5:25 PM <b>TRX</b> Anh Nguyen				
5:00 PM – 5:55 PM <b>*TribeFIT™</b> Coach Parker	4:30 PM - 5:25 PM <b>Boot Camp</b> Wyatt Guillette	5:00 PM - 5:55 PM <b>*TribeFIT™</b> Coach Parker	5:00 PM – 5:55 PM <b>Kettlebell Strength</b> Parker Licari	5:30 PM – 6:25PM <b>Circuit Training</b> Brandon Thibodeau				
6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	5:30 PM - 6:25 PM <b>Zumba</b> Jayashree Acharia	6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	6:00 PM - 6:55 PM <b>Boot Camp</b> Eva Gillette					
								<b>Special Locations</b> ^ Fitness Floor * Training Studio

All classes are 55 minutes unless otherwise noted. Age Limits: Youth 12 and 13 years of age may use the fitness center or attend group exercise classes when accompanied by a parent/guardian after an orientation. Young adults 14 and 15 do not need a parent/guardian to participate.

## Group Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegner	8:15 AM – 9:10 AM <b>Cycling</b> Parker Licari	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegner			
8:15 AM – 9:10 AM <b>Cycling</b> Parker Licari	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	11:30 AM – 12:30 PM <b>Pedaling for Parkinson's</b> Melanie Viegner	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	8:15 AM – 9:10 AM <b>Cycling</b> Adrienne Pelton	8:15 AM – 9:10 AM <b>Cycling</b> Week 1 Anh Nguyen Week 2 Liza Fredrickson Week 3 Anh Nguyen Week 4 Amy Thacker	9:00 AM – 9:55 AM <b>Cycling</b> Sowmya Srinivas
6:00 PM – 6:55PM <b>Cycling</b> Anh Nguyen			5:00 PM – 5:45 PM <b>Cycling</b> 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.