

March 2023

All classes are free to members unless noted otherwise.

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 – 7:00 AM Shed & Shred Erin Buck	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 7:00 AM *Shed & Shred Erin Buck	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci		
					8:30 AM – 9:25 AM Weekend Warrior (inside) Alan Hernandez	
	8:30 AM – 9:30 AM Zumbini (Mommy & Me) Stacy Fisk		8:30 AM – 9:30 AM Zumbini (Mommy & Me) Stacy Fisk	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:30 AM – 10:20 AM TRX Larry Ruffing	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:30 AM – 10:20 AM TRX Larry Ruffing		9:30 AM – 10:25 AM Zumba Liza Fredrickson	9:00 AM – 9:55 AM Zumba Jayashree Acharia
9:30 AM – 10:25 AM *Beyond Cancer Erin Buck		9:30 AM – 10:25 AM *Beyond Cancer Erin Buck				10:00 AM – 10:55 AM Cardio Kickboxing Darcy Pooler
9:45 AM – 10:40 AM Power Hour Larry Ruffing	10:30 AM – 11:30 AM PALS Erin Buck	9:45 AM – 10:40 AM Power Hour Larry Ruffing	10:30 AM – 11:30 AM PALS Erin Buc	9:45 AM – 10:40 AM Power Hour Larry Ruffing		
	10:30 AM – 11:30 AM *Shed & Shred 65+ Larry Ruffing	11:00 AM – 11:45 AM TRX Larry Ruffing	10:30 AM – 11:30 AM *Shed & Shred 65+ Larry Ruffing			
				11:00 AM – 11:45 AM TRX Larry Ruffing		
11:00 AM – 11:45 AM TRX Larry Ruffing						
	12:00 PM – 12:45 PM *Staying Active Brandon Thibodeau		12:00 PM – 12:45 PM *Staying Active Brandon Thibodeau			
	1:00 PM – 2:00 PM Zumba Kids Stacy Fisk		1:00 PM – 2:00 PM Zumba Kids Stacy Fisk			
4:30 PM – 5:30 PM *PALS Hybrid Erin Buck	4:30 PM – 5:25 PM Boot Camp Wyatt Guillette	5:00 PM – 5:50 PM Cardio Kickboxing Darcy Pooler	4:30 PM – 5:25 PM Kettleball Strength Stacy Fisk			
5:00 PM – 5:55 PM Boot Camp Stacey Fisk	6:00 PM – 7:00 PM *Shed & Shred Alan Hernandez	4:30 PM – 5:30 PM *PALS Hybrid Erin Buck	6:00 PM – 7:00 PM *Shed & Shred Alan Hernandez			Special Locations ^ Fitness Floor ~ Outside Class * Training Studio
6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:00 PM – 6:55 PM Full-Body Strength Ntzah Winter	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:00 PM – 6:55 PM Full-Body Strength Ntzah Winte	5:00 PM – 5:55 PM Circuit Training Alan Hernandez		

Group Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM – 6:25 AM Cycling Melanie Viegner		5:30 AM – 6:25 AM Cycling Melanie Viegner			
8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling Katie Goode	8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling Katie Goode	8:15 AM – 9:10 AM Cycling Adrienne 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	5:15 PM – 6:00 PM Cycling Suzanne Lee Ciambra	6:00 PM – 6:55 PM Cycling Tyler Bergmeier				

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.