

May 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 Alan Hernandez	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 7:00 AM Shed & Shred Alan Hernandez	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci		
	7:30 AM – 8:25 AM *Sit-2-Fit Instructor TBD		7:30 AM – 8:25 AM *Sit-2-Fit Instructor TBD		9:00 AM – 9:55 AM -Weekend Warrior Alan Hernandez	
8:30 AM – 9:25 AM *Shed & Shred Jesse Davis	8:30 AM – 9:30 AM Zumbini (Mommy & Me) Stacey Fisk	8:30 AM – 9:25 AM *Shed & Shred Jesse Davis	8:30 AM – 9:30 AM Zumbini (Mommy & Me) Stacey 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 Buck	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		12:00 PM – 12:55 PM Boxing Circuit Wyatt Guillette	
11:30 AM – 12:25 PM ^ UVAC Strong Stacey Fisk		11:30 AM – 12:25 PM ^ UVAC Strong Stacey Fisk		11:00 AM – 11:45 AM TRX Larry Ruffing		
11:00 AM – 11:45 AM TRX Larry Ruffing		1:00 PM – 1:55 PM Tai Ji Quan Josh Grant		1:00 PM – 1:55 PM Tai Ji Quan Josh Grant		
3:30 PM – 4:25 PM *Shed and Shred Josh Grant	12:00 PM – 12:45 PM Staying Active Brandon Thibodeau	3:30 PM – 4:25 PM *Shed and Shred Josh Grant	12:00 PM – 12:45 PM Staying Active Brandon Thibodeau			
6:00 PM – 6:55 PM ^ UVAC Strong Josh Grant		6:00 PM – 6:55 PM ^ UVAC Strong Josh Grant				
	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 Stacey Fisk			
5:00 PM – 5:55 PM Boot Camp Stacey Fisk						Special Locations ^ Fitness Floor - Outside Class * Training Studio + Mind Body 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 Winter	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 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 Melissa Gove	8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling Melissa Gove	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 – 6:55 PM Cycling Anh Nguyen	5:15 PM – 6:00 PM Cycling Amy Thacker	6:00 PM – 6:55 PM Cycling Tyler Bergmeier	5:15 PM – 6:00 PM Cycling Melissa Gove			

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.