

May 2023

All classes are free to members unless noted otherwise.

Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM – 6:55 AM Shed and Shred Wyatt Guillette	8:15 AM – 9:10 AM Pilates Reformer Jenny Armstrong	6:00 AM – 6:55 AM Shed and Shred Wyatt Guillette	6:00 AM – 6:55 AM Boxing Circuit Wyatt Guillette			
9:00 AM – 9:55 AM Mat Pilates Stacey Fisk	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	8:15 AM – 9:10 AM Pilates Reformer Jenny Armstrong	9:00 AM – 9:55 AM Gentle Yoga Kate Schaefer		10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:40 AM – 11:40 AM Pilates Reformer Maryam Paydarfar	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	10:40 AM – 11:40 AM Pilates Reformer Maryam Paydarfar	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	10:00 AM – 10:55 AM Mat Pilates Jenny Armstrong	10:00 AM – 11:15 AM Slow Flow Yoga Connie and Kate	
	3:45 PM – 4:45 PM The Haven Stacey Fisk		10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	11:00 AM – 11:55 AM TRX Yoga Jennifer Armstrong		
	1:00 PM – 2:00 PM Zumba Kids Stacey Fisk		1:00 PM – 2:00 PM Zumba Kids Stacey Fisk			
6:00 PM – 6:45 PM TRX Suzanne Lee-Ciambra	5:00 PM – 5:55 PM Zumba Stacey Fisk	6:00 PM – 6:45 PM TRX Suzanne Lee-Ciambra	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 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 Essentials with Sue 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 – 8:25 AM Essentials with Sue Sue Belisle		7:30 AM – 8:25 AM Essentials with Sue 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	10:15 AM – 11:10 AM Aqua Zumba Stacey Fisk	10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	9:00 AM – 9:55 AM Essentials with Sue Sue Belisle	LEGEND <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: #00BCD4; color: white; padding: 2px;">Competition Pool Classes and Programs</div> LOCATIONS <div style="background-color: #4CAF50; color: white; padding: 2px;">Class Specific Locations</div> <div style="background-color: #F44336; color: white; padding: 2px;">Cycling Studio</div> <div style="background-color: #9C27B0; color: white; padding: 2px;">Mind Body Studio</div> <div style="background-color: #395468; color: white; padding: 2px;">Warm Water Pool</div> <div style="background-color: #00BCD4; color: white; padding: 2px;">Competition Pool Classes and Programs</div>	
10:00 AM – 10:55 AM Deep Water Variations Stacey Fisk	11:00 AM – 11:55 PM Water Volleyball Alan Hernandez	10:00 AM – 10:55 AM DW Variations Garrett Wilson	11:00 AM – 11:50 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 – 12:05 PM Splash HIIT Signe Linville	11:45 AM – 12:15 PM Mahi in Water Maryam Paydarfar	12:00 PM – 12:50 PM Splash HIIT Signe Linville			
11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:05 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		
5:00 PM – 5:55 PM H2O to Go Melissa Gove	5:30 PM – 6:25 PM S'WET Kathleen Danforth	5:00 PM – 5:55 PM H2O to Go Melissa Gove	5:30 PM – 6:25 PM S'WET Kathleen Danforth			
6:00 PM – 6:55 PM Aqua Zumba Stacey Fisk	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			
6:45 PM – 7:45 PM Masters Swim Barbara Hummel						