

November 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 Cardio Kickboxing Darcy Pooler	
	8:15 AM – 9:10 AM PALS Erin Buck		8:15 AM – 9:10 AM PALS Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:30 AM – 10:25 AM TRX Larry Ruffing	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:30 AM – 10:25 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	10:30 AM – 11:25 AM Low Impact Circuit Trng Parker Licari	9:30 AM – 10:25 AM *Beyond Cancer Erin Buck	10:30 AM – 11:25 AM Boxing Circuit Wyatt Guillette		10:30 AM – 11:25 AM Weekend Warrior Alan Hernandez	
9:45 AM – 10:40 AM Power Hour Larry Ruffing		9:45 AM – 10:40 AM Power Hour Larry Ruffing		9:45 AM – 10:40 AM Power Hour Larry Ruffing		
	10:30 AM – 11:25 AM *Shed & Shred 65+ Larry Ruffing	11:00 AM – 11:55 AM TRX Larry Ruffing	10:30 AM – 11:25 AM *Shed & Shred 65+ Larry Ruffing	11:00 AM – 11:55 AM TRX Larry Ruffing	12:00 PM – 12:55 PM Boxing Circuit Wyatt Guillette	
11:00 AM – 11:55 AM TRX Larry Ruffing						
	12:00 PM – 12:45 PM Staying Active Brandon Thibodeau		12:00 PM – 12:45 PM Staying Active Brandon Thibodeau			
	4:30 PM - 5:25 PM Boot Camp Wyatt Guillette	5:00 PM - 5:55 PM Cardio Kickboxing Darcy Pooler	4:30 PM – 5:25 PM Kettlebell Strength Parker Licari	5:00 PM - 5:55 PM TRX (first class 11/3) Anh Nguyen		
5:00 PM – 5:55 PM Boot Camp Parker Licari						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 Darcy Pooler	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:00 PM – 6:55 PM Full-Body Strength Rotating Instructor			

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 – 9:15 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling TBD	8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling TBD	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 TBD			

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 October 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.

Winter Gear Drive

FOOD | SHELTER | EDUCATION | PROBLEM SOLVING

Upper Valley Haven

Adults and Children
 coats • hats • gloves • scarves • snow pants • jackets
 (new and gently used)