

# January 2024

\*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 <b>Early Riser Strength</b> Kristin Fauci	6:00 AM – 6:55 AM <b>TRIBEFit™</b> Erin Buck	5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci	6:00 AM – 6:55 AM <b>TRIBEFit™</b> Erin Buck	5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci		
6:30 AM – 7:25 AM <b>TRIBELife™</b> Joe Major	8:00 AM – 8:55 AM * <b>TRIBELife™</b> Erin Buck	6:30 AM – 7:25 AM <b>TRIBELife™</b> Joe Major	8:00 AM – 8:55 AM * <b>TRIBELife™</b> Erin Buck			
7:30 AM – 8:25 AM <b>TRIBELife™</b> Alan Hernandez	8:00 AM – 8:45 AM <b>TRX</b> Signe Linville	7:30 AM – 8:25 AM <b>TRIBELife™</b> Alan Hernandez	8:00 AM – 8:45 AM <b>TRX</b> Signe Linville	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck		
8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	9:30 AM – 10:25 AM <b>TRX &amp; Core</b> Larry Ruffing	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	9:30 AM – 10:25 AM <b>TRX &amp; Core</b> Larry Ruffing		9:30 AM – 10:25 AM <b>Zumba</b> Liza Fredrickson	9:00 AM – 9:55 AM <b>Zumba</b> Jayashree Acharia
9:30 AM – 10:25 AM * <b>Beyond Cancer</b> Erin Buck	10:30 AM – 11:25 AM <b>Low Impact Circuit Trng</b> Parker Licari	9:30 AM – 10:25 AM * <b>Beyond Cancer</b> Erin Buck	10:30 AM – 11:25 AM <b>Boxing Circuit</b> Wyatt Guillette		10:30 AM – 11:25 AM <b>Boxing Circuit</b> Wyatt Guillette	
9:45 AM – 10:40 AM <b>Power Hour</b> Larry Ruffing	10:30 AM – 11:25 AM * <b>TRIBELife™</b> Larry Ruffing	9:45 AM – 10:40 AM <b>Power Hour</b> Larry Ruffing	10:30 AM – 11:25 AM * <b>TRIBELife™</b> Larry Ruffing	9:45 AM – 10:40 AM <b>Power Hour</b> Larry Ruffing		
11:00 AM – 11:55 AM <b>TRIBECore™</b> Larry Ruffing	11:30 AM – 12:25 AM * <b>TRIBEPunch™</b> Wyatt Guillette	11:00 AM – 11:55 AM <b>TRX</b> Larry Ruffing	11:30 AM – 12:25 AM <b>TRIBEPunch™</b> Wyatt Guillette	11:00 AM – 11:55 AM <b>TRIBECore™</b> Larry Ruffing		
	12:30 PM – 1:15 PM * <b>Staying Active</b> Brandon Thibodeau					
		4:00 PM – 4:55 PM * <b>TRIBEKids™</b> Selena Legacy	12:30 PM – 1:15 PM <b>Staying Active</b> Brandon Thibodeau			
	4:30 PM - 5:25 PM <b>Boot Camp</b> Wyatt Guillette	5:30 PM – 6:25 PM * <b>TRIBECore™</b> Selena Legacy	4:30 PM – 5:25 PM <b>Kettlebell Strength</b> Parker Licari	4:30 PM - 5:25 PM <b>TRX</b> Anh Nguyen		
5:00 PM – 5:55 PM * <b>TRIBEFit™</b> Parker Licari		5:00 PM - 5:55 PM <b>TRIBEFit™</b> Parker Licari	6:00 PM - 6:55 PM <b>Boot Camp</b> Selena Legacy	5:30 PM – 6:25 PM * <b>TRIBECore™</b> Selena Legacy		<b>Special Locations</b> ^ Fitness Floor - Outside Class * Training Studio + Mind Body Studio
6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	6:00 PM – 6:55 PM * <b>TRIBEPunch™</b> Darcy Pooler	6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	6:00 PM – 6:55 PM * <b>TRIBEPunch™</b> Darcy Pooler			

## Group Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegener		5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegener			8:00 AM – 8:55 AM <b>Cycling Orientation</b> (1/28, 2/25, 3/31)
8:15 AM – 9:15 AM <b>Cycling</b> Liz Storn	8:15 AM – 9:10 AM <b>Cycling</b> Parker Licari	8:15 AM – 9:10 AM <b>Cycling</b> Liz Storn	8:15 AM – 9:10 AM <b>Cycling</b> Parker Licari	8:15 AM – 9:10 AM <b>Cycling</b> Adrienne Pelton	8:15 AM – 9:10 AM <b>Cycling</b> Rotating Instructor	9:00 AM – 9:55 AM <b>Cycling</b> Tyler Bergmeier
6:00 PM – 6:55 PM <b>Cycling</b> Anh Nguyen	<b>Cycling Coming Back in February</b>	6:00 PM – 6:55 PM <b>Cycling</b> Tyler Bergmeier	5:15 PM – 6:00 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.