

DECEMBER 2024

All classes are free to members unless noted otherwise. See Legend.

Group Exercise Studio – Classes and Programs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|--|
| 5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci | 6:00 AM – 6:55 AM TribeLIFE™ Coach Erin | 5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci | 6:00 AM – 6:55 AM TribeLIFE™ Coach Erin | 5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci | 8:00 AM – 8:55 AM Cardio Kickboxing Darcy Pooler | |
| | | | | | 8:00 AM – 8:55 AM * TribeKIDS™ Coach Wyatt | |
| 8:30 AM – 9:25 AM Ess. Conditioning Erin Buck | 8:00 AM – 9:00 AM * TribeLIFE™ Coach Erin | 8:30 AM – 9:25 AM Ess. Conditioning Erin Buck | 8:00 AM – 9:00 AM * TribeLIFE™ Coach Erin | | | |
| 8:30 AM – 9:25 AM * TribeLIFE™ Coach Alan | 7:30 AM – 8:25 AM TRX Larry Ruffing | 8:30 AM – 9:25 AM * TribeLIFE™ Coach Alan | 7:30 AM – 8:25 AM TRX Larry Ruffing | 8:30 AM – 9:25 AM Ess. Conditioning Erin Buck | | |
| | 9:00 AM – 10:00 AM * PALS for Life Erin Buck | | 9:00 AM – 10:00 AM * PALS for Life Erin Buck | 9:30 AM – 10:20 AM TRX Erin Buck | 9:30 AM – 10:25 AM Zumba Liza Fredrickson | 9:30 AM – 10:25 AM Zumba Jayashree Acharia |
| 10:00 AM – 10:55 AM ZUMBA Nikki Batra | 10:00 AM – 11:00 AM * PALS for Life Erin Buck | 10:30 AM – 11:30 AM * Beyond Cancer Erin Buck | 10:00 AM – 11:00 AM * PALS for Life Erin Buck | | 10:30 AM – 11:25 AM Boxing Circuit Wyatt Guillette | |
| 10:30 AM – 11:30 AM * Beyond Cancer Erin Buck | 9:10 AM – 10:10 AM Power Hour Larry Ruffing | 9:45 AM – 10:40 AM Power Hour Dan Talbot | 9:10 AM – 10:10 AM Power Hour Larry Ruffing | | 11:30 AM – 12:25 PM Boxing Skills Wyatt Guillette | |
| 11:00 AM – 11:50 AM TRX Garrett Wilson | 10:15 AM – 11:10 AM Low Impact Circuit Parker Licari | 11:00 AM – 11:50 AM TRX Alan Hernandez | 10:15 AM – 11:10 AM Boxing Circuit Wyatt Guillette | 12:30 PM – 2:00 PM RSB – Stages 1-2 Wyatt Guillette | PROGRAM LEGEND <div style="background-color: #90EE90; padding: 2px;">Land Classes and Programs</div> <div style="background-color: #FFDAB9; padding: 2px;">Fee Based Classes</div> <div style="background-color: #FF6347; padding: 2px;">Group Cycling</div> <div style="background-color: #DDA0DD; padding: 2px;">Mind Body Classes and Programs</div> <div style="background-color: #4682B4; padding: 2px;">Warm Water Classes and Programs</div> <div style="background-color: #ADD8E6; padding: 2px;">Competition Pool Classes and Programs</div> | |
| 12:30 PM – 2:00 PM RSB – Stages 1-2 Wyatt Guillette | 10:30 AM – 11:25 AM * Functional Fitness Trng Larry Ruffing | | 10:30 AM – 11:25 AM * Functional Fitness Trng Larry Ruffing | 2:00 PM – 3:30 PM RSB – Stages 3-4 Wyatt Guillette | | |
| | 12:30 PM – 2:00 PM Staying Active Brandon Thibodeau | 4:00 PM – 4:55 PM Zumba Jayashree Acharia | 12:30 PM – 2:00 PM Staying Active Brandon Thibodeau | 3:30 PM – 4:25 PM POUND Angela Rose | | |
| | 4:30 PM - 5:25 PM Boot Camp Wyatt Guillette | 5:00 PM – 5:55 PM Cardio Kickboxing Darcy Pooler | 3:30PM – 4:25 PM TribeKIDS™ Coach Melanie | 4:30 PM - 5:25 PM TRX Anh Nguyen | | |
| 5:00 PM – 5:55 PM * TribeFIT™ Coach Parker | 5:30 PM - 6:25 PM Zumba Jayashree Achaira | 5:00 PM - 5:55 PM * TribeFIT™ Coach Parker | 5:00 PM – 5:55 PM Kettlebell Strength Parker Licari | 5:30 PM – 6:25PM Circuit Training Brandon Thibodeau | | Special Locations ^ Fitness Floor * Training Studio |
| 6:00 PM – 6:55 PM Circuit Training Alan Hernandez | | 6:00 PM – 6:55 PM Circuit Training Alan Hernandez | 6:00 PM - 6:55 PM Boot Camp Eva Gillette | | | |

All classes are 55 minutes unless otherwise noted. Age Limits: Youth 12 and 13 years of age may use the fitness center or attend group exercise classes when accompanied by a parent/guardian after an orientation. Young adults 14 and 15 do not need a parent/guardian to participate.

Group Cycling Studio

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|--|---|--|
| | 5:30 AM – 6:25 AM Cycling Melanie Viegner | 8:15 AM – 9:10 AM Cycling Liz Storn | 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 Melissa Gove | 11:30 AM – 12:30 PM Pedaling for Parkinson's Melanie Viegner | 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 Week 1 Anh Nguyen Week 2 Liza Fredrickson Week 3 Anh Nguyen Week 4 Melissa Gove | 9:00 AM – 9:55 AM Cycling Sowmya Srinivas |
| 6:00 PM – 6:55PM Cycling Anh Nguyen | | 6:00 PM – 6:55PM Cycling Parker Licari | 5:15 PM – 6:10 PM Cycling 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.