

JANUARY 2025

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	8:30 AM – 9:25 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 *TribeCORE™ Coach Wyatt		8:30 AM – 9:25 AM *TribeCORE™ Coach Wyatt		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	10:30 AM – 11:25 AM Boxing Circuit Wyatt Guillette	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 Low Impact Circuit Parker Licari	12:30 PM – 2:00 PM RSB – Stages 1-2 Wyatt Guillette	PROGRAM LEGEND <div style="background-color: #28a745; color: white; padding: 2px; margin-bottom: 2px;">Land Classes and Programs</div> <div style="background-color: #ffc107; color: white; padding: 2px; margin-bottom: 2px;">Fee Based Classes</div> <div style="background-color: #dc3545; color: white; padding: 2px; margin-bottom: 2px;">Group Cycling</div> <div style="background-color: #6f42c1; color: white; padding: 2px; margin-bottom: 2px;">Mind Body Classes and Programs</div> <div style="background-color: #17a2b8; color: white; padding: 2px; margin-bottom: 2px;">Warm Water Classes and Programs</div> <div style="background-color: #007bff; color: white; padding: 2px; margin-bottom: 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	4:00 PM – 4:55 PM *TribeLIFE™ Coach Parker	10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing	2:00 PM – 3:30 PM RSB – Stages 3-4 Wyatt Guillette		
4:00 PM – 4:55 PM *TribeLIFE™ Coach Parker	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			
5:00 PM – 5:55 PM Kettlebell Strength Morganne Young	3:30PM – 4:25 PM TribeKIDS™ Coach Melanie	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	4:30 PM - 5:25 PM Boot Camp Wyatt Guillette	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	5:30 PM - 6:25 PM Zumba Jayashree Acharia	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 Amy Thacker	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	5:00 PM – 6:00 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.