

# JANUARY 2025

*\*All classes are free to members unless noted otherwise.\**

## Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 AM – 8:15 AM <b>TRX</b> Larry Ruffing		5:30 AM – 6:25 AM <b>POUND</b> Angela Rose	8:30 AM – 9:25 AM <b>Mat Pilates</b> Elda Aner	8:30 AM – 9:25 AM <b>Dance Skills</b> Rachel Burcham	
8:30 AM – 9:25 AM <b>Mat Pilates</b> Elda Aner	8:20 AM – 9:15 AM <b>Pilates Reformer</b> Jenny Armstrong	9:00 AM – 10:15 AM <b>Gentle Yoga</b> Connie Ciulla	7:30 AM – 8:15 AM <b>TRX</b> Larry Ruffing	9:30 AM – 10:25 AM <b>Yoga Strength &amp; Balance</b> Carole Petrillo		10:00 AM – 10:55 AM <b>Alternative Flow Yoga</b> Kathryn Mills
10:45 AM – 11:40 AM <b>Pilates Reformer</b> Maryam Paydarfar	9:20 AM – 10:15 AM <b>Pilates Reformer</b> Jenny Armstrong	10:45 AM – 11:40 AM <b>Pilates Reformer</b> Maryam Paydarfar	8:20 AM – 9:15 AM <b>Pilates Reformer</b> Jenny Armstrong		10:00 AM – 11:15 AM <b>Slow Flow Yoga</b> Connie Ciulla	
	9:20 AM – 10:15 AM <b>Pilates Reformer</b> Jenny Armstrong		9:20 AM – 10:15 AM <b>Pilates Reformer</b> Jenny Armstrong			
	10:30 AM – 11:25 AM <b>Vinyasa Yoga</b> Jenny Armstrong		10:30 AM – 11:25 AM <b>Vinyasa Yoga</b> Jenny Armstrong			
5:00 PM – 5:55 PM <b>Slow Flow Yoga</b> Megan Chapman	5:00 PM – 5:55 PM <b>POUND</b> Angela Rose	5:00 PM – 5:55 PM <b>Slow Flow Yoga</b> Megan Chapman	5:00 PM – 5:55 PM <b>Zumba</b> Liza Fredrickson			
6:00 PM – 6:55 PM <b>Pilates Reformer</b> Sydney Boardman	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills	6:00 PM – 6:55 PM <b>Pilates Reformer</b> Sydney Boardman	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills			

## Warm Water and Competition Pools – Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 8:30 AM <b>Masters Swim</b> Barbara Hummel	
6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	7:30 AM – 8:25 AM <b>Aqua Gym</b> Kathleen Danforth	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	7:30 AM – 8:25 AM <b>Aqua Gym</b> Kathleen Danforth	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle	7:30 AM – 8:15 AM <b>HIIT the Water</b> Kathleen Danforth	7:30 AM – 8:25 AM <b>Masters Swim</b> Barbara Hummel
7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle		7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle	9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville			9:45 AM – 10:45 AM <b>Masters Swim</b> Barbara Hummel
9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville		10:00 AM – 10:55 AM <b>Water Volleyball</b> Brandon Thibodeau	9:00 AM – 9:55 AM <b>Deep Water Variations</b> Sue Belisle		
	11:00 AM – 11:55 AM <b>Water Volleyball</b> Alan Hernandez	10:00 AM – 10:55 AM <b>DW Variations</b> Tomas Langland		11:00 AM – 11:55 AM <b>Water Volleyball</b> Alan Hernandez		
11:30 AM – 12:25 PM <b>Splash HIIT</b> Signe Linville	11:15 AM – 12:10 PM <b>Splash HIIT</b> Signe Linville	11:45 AM – 12:40 PM <b>Mahi in Water</b> Maryam Paydarfar	11:15 AM – 12:10 PM <b>Splash HIIT</b> Signe Linville			
11:45 AM – 12:40 PM <b>Mahi in Water</b> Maryam Paydarfar	12:15 PM – 1:10 PM <b>Splash HIIT</b> Signe Linville		12:15 AM – 1:10 PM <b>Splash HIIT</b> Signe Linville	12:00 PM – 12:55 PM <b>DW Variations</b> Tomas Langland	<div style="text-align: center;"><b>PROGRAM LEGEND</b></div> <div style="text-align: center;"> <span style="background-color: #4CAF50; color: white; padding: 2px;">Land Classes and Programs</span>  <span style="background-color: #FF9800; color: white; padding: 2px;">Fee Based Classes</span>  <span style="background-color: #F44336; color: white; padding: 2px;">Group Cycling</span>  <span style="background-color: #9C27B0; color: white; padding: 2px;">Mind Body Classes and Programs</span>  <span style="background-color: #395468; color: white; padding: 2px;">Warm Water Classes and Programs</span>  <span style="background-color: #00BCD4; color: white; padding: 2px;">Competition Pool Classes and Programs</span> </div>	
5:15 PM – 6:10 PM <b>H2O to Go</b> Melissa Gove	5:30 PM – 6:25 PM <b>Aqua Gym</b> Kathleen Danforth	5:15 PM – 6:10 PM <b>H2O to Go</b> Melissa Gove	5:30 PM – 6:25 PM <b>Aqua Gym</b> Kathleen Danforth			
	6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel	6:15 PM – 7:00 PM <b>Adult Advance LTS</b> Fee Based Class	6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel			
6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel						