

July 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 TRX Larry Ruffing		7:30 AM – 8:15 AM TRX Larry Ruffing	9:30 AM – 10:25 AM Mat Pilates Elda Aner	8:30 AM – 9:25 AM Dance Skills Rachel Burcham	8:00 AM – 8:55 AM Sunrise Yoga Amy McClure
9:30 AM – 10:25 AM Mat Pilates Elda Aner	8:20 AM – 9:15 AM Pilates Reformer Jenny Armstrong	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	8:20 AM – 9:15 AM Pilates Reformer Jenny Armstrong	10:30 AM – 11:25 AM Yoga Strength & Balance Kathryn Mills		10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:30 AM – 11:25 AM Pilates Reformer Maryam Paydarfar		10:30 AM – 11:25 AM Pilates Reformer Maryam Paydarfar	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong		10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	
	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	4:15 PM – 4:45 PM POUND Unplugged Jayashree Acharia	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong			
	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	5:00 PM – 5:45 PM TRX Suzanne Lee-Ciambra	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau			
5:00 PM – 5:55 PM Slow Flow Yoga Megan Chapman	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau		5:00 PM – 5:55 PM Zumba Liza Fredrickson	5:30 PM – 6:45 PM Partner Yoga (2nd Fri ONLY) Kathryn Mills		
6:10 PM – 7:05 PM Pilates Reformer Sydney Boardman	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills	6:10 PM – 7:05 PM Pilates Reformer Sydney Boardman	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			



Warm Water and Competition Pools – Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	6:30 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM Aqua Gym Kathleen Danforth	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM Aqua Gym Kathleen Danforth	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:15 AM HIIT the Water Kathleen Danforth	7:30 AM – 8:25 AM Masters Swim Barbara Hummel
7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle		7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	9:00 AM – 10:00 AM Masters Swim Signe Linville			9:45 AM – 10:45 AM Masters Swim Barbara Hummel
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	9:00 AM – 9:55 AM DW Variations Sue Belisle		
	11:00 AM – 11:55 AM Water Volleyball Alan Hernandez	10:00 AM – 10:55 AM DW Variations Tomas Langland		11:00 AM – 11:55 AM Water Volleyball Alan Hernandez		
11:30 AM – 12:25 PM Splash HIIT Signe Linville	11:15 AM – 12:10 PM Splash HIIT Signe Linville	11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	11:15 AM – 12:10 PM Splash HIIT Signe Linville			
11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Signe Linville		12:15 PM – 1:10 PM Splash HIIT Signe Linville	12:00 PM – 12:55 PM DW Variations Tomas Langland	PROGRAM LEGEND Land Classes and Programs Fee Based Classes Group Cycling Mind Body Classes and Programs Warm Water Classes and Programs Competition Pool Classes and Programs	
5:15 PM – 6:10 PM H2O to Go Melissa Gove	5:30 PM – 6:25 PM Aqua Gym Kathleen Danforth	5:15 PM – 6:10 PM H2O to Go Melissa Gove	5:30 PM – 6:25 PM Aqua Gym Kathleen Danforth			
	6:05 PM – 7:05 PM Masters Swim Barbara Hummel	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Class	6:05 PM – 7:05 PM Masters Swim Barbara Hummel			
6:05 PM – 7:05 PM Masters Swim Barbara Hummel						