

November 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 Full-Body Strength Darcy Pooler	
		7:15 AM – 8:10 AM Dance Fusion Alanna Mayer				
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM  TribeLIFE™ Coach Erin		8:00 AM – 9:00 AM  TribeLIFE™ Coach Erin			
	9:00 AM – 10:00 AM *PALS for Life Bridge Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:00 AM – 10:00 AM *PALS for Life Bridge Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
10:00 AM – 10:55 AM ZUMBA Nikki Batra	9:10 AM – 10:10 AM Power Hour Larry Ruffing		10:00 AM – 11:00 AM ^PALS for Life Erin Buck	9:30 AM – 10:25 AM TRX Erin Buck	9:30 AM – 10:25 AM Zumba Liza Fredrickson	9:30 AM – 10:25 AM Zumba Jayashree Acharia
9:30 AM – 10:30 AM *Beyond Cancer Erin Buck	10:00 AM – 11:00 AM ^PALS for Life Erin Buck	9:30 AM – 10:30 AM *Beyond Cancer Erin Buck	9:10 AM – 10:10 AM Power Hour Larry Ruffing	10:30 AM – 11:25 AM Strength Combo Elda Aner	11:00 AM – 12:30 PM RSB – Stages 1-2	
11:00 AM – 11:50 AM TRX Garrett Wilson	10:15 AM – 10:55 AM TRX Parker Licari	9:45 AM – 10:40 AM Power Hour Dan Talbot	10:15 AM – 10:55 AM TRX Signe Linville			
12:30 PM – 2:00 PM RSB – Stages 1-2 Parker Licari	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	11:00 AM – 11:50 AM TRX Alan Hernandez	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	12:30 PM – 2:00 PM RSB – Stages 3-4 Parker Licari	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	
	10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing		10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing			
	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau		12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau			
5:30 PM – 6:10 PM Kettlebell Strength Morganne Young		5:00 PM – 5:55 PM Cardio Kickboxing Darcy Pooler		4:30 PM - 5:25 PM TRX Anh Nguyen		
			5:30 PM – 6:25 PM Kettlebell Strength Darcy Pooler	5:30 PM – 6:25 PM Circuit Training Brandon Thibodeau		Special Locations ^ Fitness Floor * Training Studio + Outside
6:15 PM – 7:10 PM Circuit Training Alan Hernandez	5:30 PM - 6:25 PM Zumba Jayashree Acharia	6:00 PM – 6:55 PM Circuit Training Alan Hernandez				

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 Parker Licari	5:30 AM – 6:25 AM Cycling Melanie Viegner			
8:15 AM – 9:10 AM Cycling Parker Licari	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 Amy Thacker Week 4 Amy Thacker	9:00 AM – 9:55 AM Cycling Sowmya Srinivas
6:00 PM – 6:55 PM Cycling Anh Nguyen		6:00 PM – 6:55 PM Cycling Suzanne Lee-Ciambra				

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.