

April 2026

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	
	7:00 AM – 7:55 AM Functional Fitness Trng Erin Buck	7:15 AM – 8:10 AM Dance Fusion Alanna Mayer	7:00 AM – 7:55 AM Functional Fitness Trng Erin Buck			
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			
9:30 AM – 10:30 AM RISE Erin Buck	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
10:30 AM – 11:25 AM *Functional Fitness Trng Erin Buck	9:10 AM – 10:10 AM Power Hour Dan Talbot	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz	9:10 AM – 10:10 AM Power Hour Dan Talbot	9:30 AM – 10:20 AM TRX Tracy Mayer	9:30 AM – 10:25 AM ZUMBA Liza Fredrickson	
11:00 AM – 12:00 PM *Functional Fitness Trng Garrett Wilson		9:30 AM – 10:25 AM RISE Erin Buck	10:15 AM – 10:55 AM TRX Coryne Legare	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz		
11:00 AM – 11:55 AM TRX Tracy Mayer	10:15 AM – 10:55 AM TRX Coryne Legare	10:30 AM – 11:25 PM *Functional Fitness Trng Erin Buck	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	10:30 AM – 11:25 AM *Functional Fitness Trng Erin Buck		
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 – 12:00 PM *Functional Fitness Trng Garrett Wilson	10:30 AM – 11:25 AM *Functional Fitness Trng Dan Talbot	12:30 PM – 2:00 PM RSB – Stages 3-4 Parker Licari	PROGRAM LEGEND <div style="border: 1px solid black; padding: 5px;"> <div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center;">Land Classes and Programs</div> <div style="background-color: #FF9800; color: white; padding: 2px; text-align: center;">Fee Based Classes</div> <div style="background-color: #F44336; color: white; padding: 2px; text-align: center;">Group Cycling</div> <div style="background-color: #9C27B0; color: white; padding: 2px; text-align: center;">Mind Body Classes and Programs</div> <div style="background-color: #395468; color: white; padding: 2px; text-align: center;">Warm Water Classes and Programs</div> <div style="background-color: #00BCD4; color: white; padding: 2px; text-align: center;">Competition Pool Classes and Programs</div> </div>	
2:00 PM – 3:30 PM RSB – Stages 1-2 Parker Licari	10:30 AM – 11:25 AM *Functional Fitness Trng Dan Talbot	11:30 AM – 12:20 PM TRX Alan Hernandez	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	2:00 PM – 3:30 PM RSB – Stages 1-2 Parker Licari		
	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau		3:30 PM – 4:30 PM TribeKIDS™ Coach Melanie			
	3:30 PM – 4:30 PM TribeKIDS™ Coach Melanie		4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	4:30 PM – 5:25 PM TRX Anh Nguyen		
5:30 PM – 6:10 PM Kettlebell Strength Morganne Young	4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	5:00 PM – 5:45 PM Functional Strength Suzanne Lee-Ciambra	5:30 PM – 6:00 PM Cardio Kickboxing Darcy Pooler			
6:15 PM – 7:10 PM Circuit Training Alan Hernandez	5:30 PM – 6:25 PM TRX Dance Fusion Alana & Tracy Mayer	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:15 PM – 7:10 PM Kettlebell Strength Darcy Pooler			Special Locations ^ Fitness Floor * Training Studio + Outside

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 Viegenger	8:15 AM – 9:10 AM Cycling Parker Licari	5:30 AM – 6:25 AM Cycling Melanie Viegenger			
8:15 AM – 9:10 AM Cycling Parker Licari	8:15 AM – 9:10 AM Cycling Zeke Cammarata	11:30 AM – 12:30 PM Pedaling for Parkinson's Melanie Viegenger	8:15 AM – 9:10 AM Cycling Zeke Cammarata	8:15 AM – 9:10 AM Cycling Adrienne Pelton	8:15 AM – 9:10 AM Cycling	9:00 AM – 9:55 AM Cycling Sowmya Srinivas
6:00 PM – 6:55 PM Cycling Anh Nguyen	5:00 PM – 5:55 PM Cycling Amy Thacker	6:00 PM – 6:55 PM Cycling Suzanne Lee-Ciambra			Wk 1: Anh Nguyen Wk 2: Liza Fredrickson Wk 3: Amy Thacker Wk 4: 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.