

July 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	
		7:15 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	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	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	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz	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 Sculpt & Strengthen Anh Nguyen
10:30 AM – 11:25 AM ZUMBA Nikki Batra	9:10 AM – 10:10 AM Power Hour Dan Talbot	9:30 AM – 10:25 AM RISE Erin Buck	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	
10:30 AM – 11:25 AM Tribelife™ Coach Erin		10:30 AM – 11:25 AM ZUMBA Jolin Salazar-Kish	10:15 AM – 10:55 AM TRX Coryne Legare	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz		
11:30 AM – 12:25 PM TRX Tracy Mayer	10:15 AM – 10:55 AM TRX Coryne Legare	10:30 AM – 11:25 AM Tribelife™ Coach Erin	11:00 AM – 11:55 AM Low Impact Circuit Tracy Mayer			
12:30 PM – 2:00 PM RSB – Stages 1-2 Zeke Cammarrata	11:00 AM – 11:55 AM Low Impact Circuit Tracy Mayer	11:30 AM – 12:20 PM TRX Alan Hernandez	10:30 AM – 11:25 AM *Functional Fitness Trng Dan Talbot	12:30 PM – 2:00 PM RSB – Stages 3-4 Zeke Cammarrata	PROGRAM LEGEND 	
2:00 PM – 3:30 PM RSB – Stages 1-2 Zeke Cammarrata	10:30 AM – 11:25 AM *Functional Fitness Trng Dan Talbot		12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	2:00 PM – 3:30 PM RSB – Stages 1-2 Zeke Cammarrata		
	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 Cammarrata	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 Cammarrata	5:00 PM – 5:45 PM Functional Strength Suzanne Lee-Ciambra	5:30 PM – 6:25 PM Cardio Kickboxing Darcy Pooler			Special Locations ^ Fitness Floor * Training Studio + Outside
6:15 PM – 7:10 PM Circuit Training Alan Hernandez	5:30 PM – 6:25 PM TRX Dance Fusion Alanna & Tracy Mayer	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:30 PM – 7:25 PM Strength ABC Darcy Pooler			

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 Viegener	8:15 AM – 9:10 AM Cycling Peter Sielicki	5:30 AM – 6:25 AM Cycling Melanie Viegener	7:00 AM – 7:55 AM Cycling Zeke Cammarrata		
8:15 AM – 9:10 AM Cycling Shannon Varley	8:15 AM – 9:10 AM Cycling Melissa Gove	11:30 AM – 12:30 PM Pedaling for Parkinson's Melanie Viegener	8:15 AM – 9:10 AM Cycling Melissa Gove	8:15 AM – 9:10 AM Cycling Shannon Varley	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	5:00 PM – 5:55 PM Cycling Peter Sielicki		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.