


# July 2026


All classes are free to members unless noted otherwise. See Legend.

## Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 AM – 8:25 AM <b>TRX</b> Tracy Mayer		7:30 AM – 8:25 AM <b>TRX</b> Tracy Mayer	8:30 AM – 9:25 AM <b>Mat Pilates</b> Elda Aner		8:00 AM – 8:55 AM <b>Slow Sacred Sundays</b> Amy McClure
9:00 AM – 9:55 AM <b>Mat Pilates</b> Elda Aner	9:00 AM – 9:55 AM <b>Yoga Strength &amp; Balance</b> Kathryn Mills	8:39 AM – 9:45 AM <b>Gentle Yoga</b> Connie Ciulla	9:00 AM – 9:55 AM <b>Yoga Strength &amp; Balance</b> Linda Boudreault	9:30 AM – 10:25 AM <b>Stretch, Strength &amp; Balance</b> Elda Aner		10:00 AM – 10:55 AM <b>Alternative Flow Yoga</b> Kathryn Mills
10:00 AM – 10:55 AM <b>Pilates Reformer</b> Alanna Mayer	10:15 AM – 11:10 AM <b>Vinyasa Yoga</b> Sharon Comeau	10:00 AM – 10:55 AM <b>Pilates Reformer</b> Alanna Mayer	10:15 AM – 11:10 AM <b>Mat Pilates</b> Elda Aner	10:30 AM – 11:25 AM <b>Breath &amp; Stillness</b> Donelle Bucholtz	10:00 AM – 11:15 AM <b>Slow Flow Yoga</b> Connie Ciulla	
	11:15 AM – 12:10 PM <b>Senior Strength</b> Sharon Comeau		1:00 PM – 1:55 PM <b>Tai Ji Quan</b> Kathryn Mills			1:00 PM – 2:30 PM <b>Sound Experience</b> Tobin Asher
5:00 PM – 6:00 PM <b>Pilates Reformer</b> Jennifer Sielicki	1:00 PM – 1:55 PM <b>Tai Ji Quan</b> Kathryn Mills	5:00 PM – 6:00 PM <b>Pilates Reformer</b> Jennifer Sielicki	5:00 PM – 5:55 PM <b>ZUMBA</b> Liza Fredrickson	5:30 PM – 6:45 PM <b>Partner Yoga (2nd Fri ONLY)</b> Kathryn Mills		
6:00 PM – 7:00 PM <b>Pilates Reformer</b> Jennifer Sielicki	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills	6:00 PM – 7:00 PM <b>Pilates Reformer</b> Jennifer Sielicki	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills			

## Warm Water & Competition Pool - Aquatic Classes and Programs

Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

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	7:00 AM – 8:30 AM <b>Masters Swim</b> Barbara Hummel	
6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	7:15 AM - 8:10AM <b>H2O to Go</b> Alia Gonzalez 🌊	7:30 AM – 8:45 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>AquaSPA</b> Alanna Mayer ☀️	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle 🌊	7:30 AM – 8:25 AM <b>AquaSPA</b> Alanna Mayer ☀️	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	9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville		9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 9:55 AM <b>Deep Water Variations</b> Tomas Langland		
		10:00 AM – 10:55 AM <b>Deep Water Variations</b> Tomas Langland	10:00 AM – 10:55 AM <b>DW Water Volleyball</b> Brandon Thibodeau			
	11:00 AM – 11:55 AM <b>DW Water Volleyball</b> Alan Hernandez			11:00 AM – 11:55 AM <b>DW Water Volleyball</b> Alan Hernandez	<b>PROGRAM LEGEND</b> 	
12:30 PM – 1:25 PM <b>Mahi in Water</b> ☀️ Maryam Paydarfar	11:15 AM – 12:10 PM <b>Splash HIIT</b> ☀️ Signe Linville	12:30 PM – 1:25 PM <b>Mahi in Water</b> ☀️ Maryam Paydarfar	11:15 AM – 12:10 PM <b>Splash HIIT</b> ☀️ Signe Linville	12:00 PM – 12:55 PM <b>Deep Water Variations</b> Tomas Langland		
	12:15 PM – 1:10 PM <b>Splash HIIT</b> ☀️ Signe Linville		12:15 PM – 1:10 PM <b>Splash HIIT</b> ☀️ Signe Linville			
5:15 PM – 6:10 PM <b>H2O to Go</b> ☀️ Melissa Gove	5:30 PM – 6:25 PM <b>Warm Water Essentials</b> Alia Gonzalez 🌊	5:15 PM – 6:10 PM <b>H2O to Go</b> ☀️ Melissa Gove	5:30 PM – 6:25 PM <b>Warm Water Essentials</b> Alia Gonzalez 🌊			
6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel	6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel	6:45 PM – 7:30 PM <b>Adult Advance LTS</b> Fee Based Class	6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel			

- ☀️ Instructor Teaching on Deck
- 🌊 Instructor Teaching in Water