

# June 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 <b>Early Riser Strength</b> Kristin Fauci	6:00 AM – 6:55 AM <b>TribeLIFE™</b> Coach Erin	5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci	6:00 AM – 6:55 AM <b>TribeLIFE™</b> Coach Erin	5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci	8:30 AM – 9:25 AM <b>Full-Body Strength</b> Darcy Pooler							
		7:15 AM – 8:10 AM <b>Dance Fusion</b> Alanna Mayer										
8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	8:00 AM – 9:00 AM <b>TribeLIFE™</b> Coach Erin	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	8:00 AM – 9:00 AM <b>TribeLIFE™</b> Coach Erin									
9:30 AM – 10:30 AM <b>RISE</b> Erin Buck	9:00 AM – 10:00 AM <b>^PALS for Life</b> Erin Buck	9:30 AM – 10:30 AM <b>*Strength Through Menopause</b> Donelle Bucholtz	9:00 AM – 10:00 AM <b>^PALS for Life</b> Erin Buck	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck		9:00 AM – 10:00 AM <b>Sculpt &amp; Strengthen</b> Anh Nguyen						
10:30 AM – 11:25 AM <b>ZUMBA</b> Nikki Batra	9:10 AM – 10:10 AM <b>Power Hour</b> Dan Talbot	9:30 AM – 10:25 AM <b>RISE</b> Erin Buck	9:10 AM – 10:10 AM <b>Power Hour</b> Dan Talbot	9:30 AM – 10:20 AM <b>TRX</b> Tracy Mayer	9:30 AM – 10:25 AM <b>ZUMBA</b> Liza Fredrickson							
10:30 AM – 11:25 AM <b>*TribeLIFE™</b> Coach Erin		10:30 AM – 11:25 AM <b>ZUMBA</b> Jolin Salazar-Kish	10:15 AM – 10:55 AM <b>TRX</b> Coryne Legare	9:30 AM – 10:30 AM <b>*Strength Through Menopause</b> Donelle Bucholtz								
11:30 AM – 12:25 PM <b>TRX</b> Tracy Mayer	10:15 AM – 10:55 AM <b>TRX</b> Coryne Legare	10:30 AM – 11:25 AM <b>*TribeLIFE™</b> Coach Erin	11:00 AM – 11:55 AM <b>Low Impact Circuit</b> Tracy Mayer									
12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> Zeke Camarrata	11:00 AM – 11:55 AM <b>Low Impact Circuit</b> Tracy Mayer	11:30 AM – 12:20 PM <b>TRX</b> Alan Hernandez	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Dan Talbot	12:30 PM – 2:00 PM <b>RSB – Stages 3-4</b> Zeke Camarrata	<b>PROGRAM LEGEND</b> <table border="1"> <tr><td>Land Classes and Programs</td></tr> <tr><td>Fee Based Classes</td></tr> <tr><td>Group Cycling</td></tr> <tr><td>Mind Body Classes and Programs</td></tr> <tr><td>Warm Water Classes and Programs</td></tr> <tr><td>Competition Pool Classes and Programs</td></tr> </table>		Land Classes and Programs	Fee Based Classes	Group Cycling	Mind Body Classes and Programs	Warm Water Classes and Programs	Competition Pool Classes and Programs
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Fee Based Classes												
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Competition Pool Classes and Programs												
2:00 PM – 3:30 PM <b>RSB – Stages 1-2</b> Zeke Camarrata	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Dan Talbot		12:30 PM – 2:00 PM <b>PWR!Moves</b> Brandon Thibodeau	2:00 PM – 3:30 PM <b>RSB – Stages 1-2</b> Zeke Camarrata								
	12:30 PM – 2:00 PM <b>PWR!Moves</b> Brandon Thibodeau		3:30 PM – 4:30 PM <b>TribeKIDS™</b> Coach Melanie									
	3:30 PM – 4:30 PM <b>TribeKIDS™</b> Coach Melanie		4:30 PM – 5:25 PM <b>Boot Camp</b> Zeke Camarrata	4:30 PM - 5:25 PM <b>TRX</b> Anh Nguyen								
5:30 PM – 6:10 PM <b>Kettlebell Strength</b> Morganne Young	4:30 PM – 5:25 PM <b>Boot Camp</b> Zeke Camarrata	5:00 PM – 5:45 PM <b>Functional Strength</b> Suzanne Lee-Ciambra	5:30 PM – 6:25 PM <b>Cardio Kickboxing</b> Darcy Pooler			<b>Special Locations</b> ^ Fitness Floor * Training Studio + Outside						
6:15 PM – 7:10 PM <b>Circuit Training</b> Alan Hernandez	5:30 PM – 6:25 PM <b>TRX Dance Fusion</b> Alanna & Tracy Mayer	6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	6:30 PM – 7:25 PM <b>Strength ABC</b> 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 <b>Cycling</b> Melanie Viegenger	8:15 AM – 9:10 AM <b>Cycling</b> Peter Sielicki	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegenger	7:00 AM – 7:55 AM <b>Cycling</b> Zeke Camarrata		
8:15 AM – 9:10 AM <b>Cycling</b> Shannon Varley	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	11:30 AM – 12:30 PM <b>Pedaling for Parkinson's</b> Melanie Viegenger	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	8:15 AM – 9:10 AM <b>Cycling</b> Shannon Varley	8:15 AM – 9:10 AM <b>Cycling</b>	9:00 AM – 9:55 AM <b>Cycling</b> Sowmya Srinivas
6:00 PM – 6:55 PM <b>Cycling</b> Anh Nguyen	5:00 PM – 5:55 PM <b>Cycling</b> Amy Thacker	6:00 PM – 6:55 PM <b>Cycling</b> Suzanne Lee-Ciambra	5:00 PM – 5:55 PM <b>Cycling</b> 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.