

# 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		8:00 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	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	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
	9:10 AM – 10:10 AM <b>Power Hour</b> Dan Talbot	9:30 AM – 10:30 AM <b>*Strength Through Menopause</b> Donelle Bucholtz	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	
11:00 AM – 12:00 PM <b>*Functional Fitness Trng</b> Garrett Wilson		9:30 AM – 10:25 AM <b>RISE</b> Erin Buck	10:15 AM – 10:55 AM <b>TRX</b> Coryne Legare	9:30 AM – 10:30 AM <b>*Strength Through Menopause</b> Donelle Bucholtz		
11:00 AM – 11:55 AM <b>TRX</b> Tracy Mayer	10:15 AM – 10:55 AM <b>TRX</b> Coryne Legare	10:30 AM – 11:25 PM <b>*Functional Fitness Trng</b> Erin Buck	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	11:00 AM – 12:00 PM <b>*Functional Fitness Trng</b> Garrett Wilson	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> 	
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	11:30 AM – 12:20 PM <b>TRX</b> Alan Hernandez	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			
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> Rotating Instructor	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> Peter Sielicki	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.