

May 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 TRX Tracy Mayer		7:30 AM – 8:25 AM TRX Tracy Mayer	8:30 AM – 9:25 AM Mat Pilates Elda Aner	8:30 AM – 9:25 AM Dance Basics Rachel Burcham Wk 1: Line Dancing Wk 2: Jazz Dance Wk 3: Musical Theater Wk 4: Popular Dance	8:00 AM – 8:55 AM Slow Sacred Sundays Amy McClure
9:00 AM – 9:55 AM Mat Pilates Elda Aner	9:00 AM – 9:55 AM Yoga Strength & Balance Sharon Comeau	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	9:00 AM – 9:55 AM Yoga Strength & Balance Linda Boudreault	9:30 AM – 10:25 AM Stretch, Strength & Balance Elda Aner		10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:00 AM – 10:55 AM ZUMBA Nikki Batra	10:15 AM – 11:10 AM Vinyasa Yoga Sharon Comeau	10:30 AM – 11:25 AM ZUMBA Jolin Salazar-Kish	10:15 AM – 11:10 AM Mat Pilates Elda Aner	10:30 AM – 11:25 AM Breath & Stillness Donelle Bucholtz	10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	
	11:15 AM – 12:10 PM Senior Strength Sharon Comeau		1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills			1:00 PM – 2:30 PM Sound Experience Tobin Asher
	1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills		5:00 PM – 5:55 PM Zumba Liza Fredrickson	6:00 PM – 7:15 PM Partner Yoga (2nd Fri ONLY) Kathryn Mills		
	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills		6:00 PM – 6:55 PM Alternative Flow Yoga 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 Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	7:00 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:15 AM - 8:10AM H2O to Go Alia Gonzalez	7:30 AM – 8:45 AM Masters Swim Barbara Hummel
7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:25 AM AquaSPA Alanna Mayer	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:25 AM AquaSPA Alanna Mayer	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle		
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 9:55 AM DW Variations Tomas Langland		
		10:00 AM – 10:55 AM Deep Water Variations Tomas Langland	10:00 AM – 10:55 AM DW Water Volleyball Brandon Thibodeau			
11:30 AM – 12:25 PM Splash HIIT Signe Linville	11:00 AM – 11:55 AM DW Water Volleyball Alan Hernandez			11:00 AM – 11:55 AM DW Water Volleyball Alan Hernandez	PROGRAM LEGEND <div style="background-color: #4CAF50; color: white; padding: 5px;">Land Classes and Programs</div> <div style="background-color: #FF9800; color: white; padding: 5px;">Fee Based Classes</div> <div style="background-color: #F44336; color: white; padding: 5px;">Group Cycling</div> <div style="background-color: #9C27B0; color: white; padding: 5px;">Mind Body Classes and Programs</div> <div style="background-color: #3F51B5; color: white; padding: 5px;">Warm Water Classes and Programs</div> <div style="background-color: #00BCD4; color: white; padding: 5px;">Competition Pool Classes and Programs</div>	
12:30 PM – 1:25 PM Mahi in Water Maryam Paydarfar	11:15 AM – 12:00 PM Splash HIIT Signe Linville	12:30 PM – 1:25 PM Mahi in Water Maryam Paydarfar	11:15 AM – 12:00 PM Splash HIIT Signe Linville	12:00 PM – 12:55 PM Deep Water Variations Tomas Langland		
	12:15 PM – 1:00 PM Splash HIIT Signe Linville		12:15 PM – 1:00 PM Splash HIIT Signe Linville			
5:15 PM – 6:10 PM H2O to Go Alia Gonzalez		5:15 PM – 6:10 PM H2O to Go Alia Gonzalez	5:15 PM – 6:10 PM H2O to Go Alia Gonzalez			
6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:45 PM – 7:30 PM Adult Advance LTS Fee Based Class	6:15 PM – 7:15 PM Masters Swim Barbara Hummel			