November 2026

FREE Aquatic Classes - Warm Water & Competition Pool

All classes are free to members. Reservation required. Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM – 8:25 AM **Warm Water Essentials** Parker Licari	7:30 AM – 8:25 AM **AquaSPA** Jason Velasco-Hebert	7:30 AM – 8:25 AM **Warm Water Essentials** Parker Licari	7:30 AM – 8:25 AM **AquaSPA** Jason Velasco-Hebert	7:30 AM – 8:25 AM **Warm Water Essentials** Parker Licari	7:15 AM - 8:10AM **H2O to Go** Alia Gonzalez	
November 2, 23 & 30 9:00 AM – 9:55 AM **Deep Water Variations** Tomas Langland				November 6 9:00 AM – 9:55 AM **Deep Water Variations** Tomas Langland		
November 2, 23 & 30 11:00 AM – 11:55 AM **DW Volleyball** Brandon Thibodeau	November 3 & 24 11:00 AM – 11:55 AM **DW Volleyball** Alan Hernandez	November 4 & 25 10:00 AM – 10:55 AM **Deep Water Variations** Tomas Langland	November 5 10:00 AM – 10:55 AM **DW Volleyball** Brandon Thibodeau			
11:30 AM – 12:25 PM **Warm Water Essentials** Sue Belisle	11:15 AM – 12:10 PM **Splash HIIT** Signe Linville		11:15 AM – 12:10 PM **Splash HIIT** Signe Linville	November 6 1:00 AM – 11:55 AM **DW Volleyball** Alan Hernandez		
November 2, 23 & 30 12:30 PM – 1:25 PM **Mahi Pilates** Maryam Paydarfar	12:15 PM – 1:10 PM **Splash HIIT** Signe Linville	November 4 & 25 12:30 PM – 1:25 PM **Mahi Pilates** Maryam Paydarfar	12:15 PM – 1:10 PM **Splash HIIT** Signe Linville	November 6 12:00 PM – 12:55 PM **Deep Water Variations** Tomas Langland		
5:15 PM – 6:10 PM **H2O to Go** Jason Velasco-Hebert	5:30 PM – 6:25 PM **Warm Water Essentials** Alia Gonzalez	5:15 PM – 6:10 PM **H2O to Go** Jason Velasco-Hebert	5:30 PM – 6:25 PM **Warm Water Essentials** Alia Gonzalez			

PROGRAM LEGEND

Warm Water Classes and Programs

Competition Pool Classes and Programs

Instructor Teaching on Deck

Instructor Teaching in Water

Over 85 FREE Weekly Classes Included in Your Membership!
Reservation Required

FREE Group Exercise Classes

All classes are free to members. Reservation required. 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 – 6:15 AM **Early Riser Strength** Kristin Fauci		5:30 AM – 6:15 AM **Early Riser Strength** Kristin Fauci		5:30 AM – 6:15 AM **Early Riser Strength** Kristin Fauci		
		7:15 AM – 8:10 AM **Dance Fusion** Alanna Mayer Last class November 4				
8:30 AM – 9:25 AM **Ess. Conditioning** Erin Buck	9:10 AM – 10:10 AM **Power Hour** Tracy Mayer Last class November 3	8:30 AM – 9:25 AM **Ess. Conditioning** Erin Buck	9:10 AM – 10:10 AM **Power Hour** Dan Talbot	8:30 AM – 9:25 AM **Ess. Conditioning** Erin Buck	8:30 AM – 9:25 AM **Full-Body Strength** Darcy Pooler	9:00 AM – 10:00 AM **Sculpt & Strengthen** Anh Nguyen
10:30 AM – 11:25 AM **ZUMBA** Nikki Batra	10:15 AM –10:55 AM **TRX** Rotating Instructor	10:30 AM – 11:25 AM **ZUMBA** Jolin Salazar-Kish	10:15 AM –10:55 AM **TRX** Signe Linville	9:45 AM – 10:40 AM **TRX** Tracy Mayer Last class November 6	9:30 AM – 10:25 AM **ZUMBA** Liza Fredrickson	10:00 AM – 10:55 AM **Dance Fitness** Rachel Burcham
11:30 AM – 12:25 PM **TRX** Parker Licari	11:00 AM – 11:55 AM **Low Impact Circuit** Parker Licari	11:30 AM – 12:20 PM **TRX** Alan Hernandez	11:00 AM – 11:55 AM **Low Impact Circuit** Parker Licari			
5:00 PM – 5:45 PM **Kettlebell Strength** Morganne Young	4:30 PM – 5:25 PM **Boot Camp** Zeke Cammarata		4:30 PM – 5:25 PM **Boot Camp** Zeke Cammarata	4:30 PM - 5:25 PM **TRX** Anh Nguyen		
6:00 PM – 6:55 PM **Circuit Training** Alan Hernandez	5:30 PM – 6:25 PM **TRX Dance Fusion** Alanna & Tracy Mayer Last class November 3	5:00 PM – 5:55 PM **Functional Strength** Rotating Instructor	5:30 PM – 6:25 PM **Cardio Kickboxing** Darcy Pooler			
		6:00 PM – 6:55 PM **Circuit Training** Alan Hernandez	6:30 PM – 7:25 PM **Strength ABC** Darcy Pooler			

FREE Group Orientations

New to the Fitness Center or Cycling?
Our expert Team will guide you through safe and effective equipment use.
Sign up at the Welcome Desk.

Fitness Center
Saturday, November 7 @ 9:30am
Friday, November 13 @ 10:30am
Saturday, November 21 @ 9:30am

Cycling Studio
Saturday, November 21 @ 9:30am