November 2026

FREE Group Cycling 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
8:15 AM – 9:10 AM **Cycling** Shannon Varley	5:30 AM – 6:25 AM **Cycling** Melanie Viegener	8:15 AM – 9:10 AM **Cycling** Peter Sielicki	5:30 AM – 6:25 AM **Cycling** Melanie Viegener			8:00 AM – 9:30 AM **90-Minute Cycling** Adrianne Pelton
	8:00 AM – 8:55 AM **Cycling** Zeke Cammarata	9:30 AM – 10:25 AM **Cycling** Parker Licari	8:00 AM – 8:55 AM **Cycling** Zeke Cammarata	8:15 AM – 9:10 AM **Cycling** Shannon Varley	8:15 AM – 9:10 AM **Cycling** Wk 1:Suzanne Lee-Ciambria Wk 2: Liza Fredrickson Wk 3: Peter Sielicki Wk 4: Amy Thacker	9:00 AM – 9:55 AM **Cycling** Sowmya Srinivas
6:00 PM – 6:55 PM **Cycling** Anh Nguyen	6:00 PM – 6:55 PM **Cycling** Peter Sielicki	6:00 PM – 6:55 PM **Cycling** Anh Nguyen	6:00 PM – 6:55 PM **Cycling** Peter Sielicki			

See Inserts for Additional Fee-Based Land & Aquatic Programming Options, including Swim Lessons!

UVAC Testimonials

When I was diagnosed with Parkinson's disease, I felt uncertain and overwhelmed. My doctor encouraged exercise, which I attempted on my own with YouTube videos with little commitment. My journey truly began when a fellow Parkinson's person asked me, "What are you afraid of?". I found UVAC's Pedaling for Parkinson's class, where I was welcomed and supported by instructors and fellow participants. I eventually joined the Rock Steady Boxing and Staying Active classes.

UVAC amazes me with their dedication to the Parkinson's community. Exercise has made a tremendous difference in my life. I'm stronger, braver, more confident, and amazed by what I can accomplish. I currently participate in nine hours of classes each week and am incredibly grateful for UVAC's dedicated instructors, staff, and Parkinson's community. ~ Debby

FREE Mind Body Studio 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
8:30 AM – 9:25 AM **Mat Pilates** Elda Aner	7:30 AM – 8:25 AM **TRX** Tracy Mayer Last class November 3	8:30 AM – 9:25 AM **Barre** Alanna Mayer Last class November 18	7:30 AM – 8:25 AM **TRX** Tracy Mayer Last class November 5	8:30 AM – 9:25 AM **Mat Pilates** Elda Aner		
9:30 AM – 10:25 AM **Stretch, Strength & Balance** Elda Aner		9:30 AM – 10:25 AM **Gentle Yoga** Connie Ciulla		9:30 AM – 10:25 AM **Stretch, Strength & Balance** Elda Aner		
	10:00 AM – 10:55 AM **Vinyasa Yoga** Sharon Comeau	10:45 AM – 11:40 AM **Stretch, Strength & Balance** Carole Petrillo	10:00 AM – 10:55 AM **Vinyasa Yoga** Sharon Comeau		10:00 AM – 11:15 AM **Slow Flow Yoga** Connie Ciulla	10:00 AM – 10:55 AM **Alternative Flow Yoga** Kathryn Mills
	11:00 AM – 11:55 AM **Senior Strength** Sharon Comeau		11:00 AM – 11:55 AM **Senior Strength** Sharon Comeau			
	12:00 PM – 12:55 PM **Power Flow Yoga** Sharon Comeau					1:00 PM – 2:30 PM **Sound Experience** Tobin Asher
4:00 PM – 4:55 PM **Gentle Vinyasa** Abby Thomas First Class November 16			5:00 PM – 5:55 PM **ZUMBA** Liza Fredrickson	5:30 PM – 6:45 PM **Partner Yoga (November 13 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			