

# MARCH 2025

\*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>Cardio Kickboxing</b> Darcy Pooler			
7:45 AM – 8:40 AM <b>*Functional Fitness</b> Alan Hernandez		7:45 AM – 8:40 AM <b>*Functional Fitness</b> Alan Hernandez			8:00 AM – 8:55 AM <b>TribeKIDS™</b> Coach Wyatt			
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					
8:30 AM – 9:25 AM <b>*TribeCORE™</b> Coach Wyatt		8:30 AM – 9:25 AM <b>*TribeCORE™</b> Coach Wyatt		8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck				
10:00 AM – 10:55 AM <b>ZUMBA</b> Nikki Batra	9:00 AM – 10:00 AM <b>*PALS for Life</b> Erin Buck		9:00 AM – 10:00 AM <b>*PALS for Life</b> Erin Buck	9:30 AM – 10:20 AM <b>TRX</b> Erin Buck	9:30 AM – 10:25 AM <b>Zumba</b> Liza Fredrickson	9:30 AM – 10:25 AM <b>Zumba</b> Jayashree Acharia		
10:30 AM – 11:30 AM <b>*Beyond Cancer</b> Erin Buck		10:30 AM – 11:30 AM <b>*Beyond Cancer</b> Erin Buck	9:10 AM – 10:10 AM <b>Power Hour</b> Larry Ruffing		10:30 AM – 11:25 AM <b>Boxing Circuit</b> Wyatt Guillette			
11:00 AM – 11:50 AM <b>TRX</b> Garrett Wilson	9:10 AM – 10:10 AM <b>Power Hour</b> Larry Ruffing	9:45 AM – 10:40 AM <b>Power Hour</b> Dan Talbot	10:15 AM – 11:10 AM <b>Low Impact Circuit</b> Parker Licari	10:30 AM – 11:25 AM <b>Boxing Circuit</b> Wyatt Guillette	11:30 AM – 12:25 PM <b>Boxing Skills</b> Wyatt Guillette			
12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> Wyatt Guillette	10:15 AM – 11:10 AM <b>Low Impact Circuit</b> Parker Licari	11:00 AM – 11:50 AM <b>TRX</b> Alan Hernandez	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Larry Ruffing	12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> Wyatt Guillette	<b>PROGRAM LEGEND</b> 			
12:30 PM – 2:00 PM <b>*UVAC Boxing</b> Wyatt Guillette	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Larry Ruffing	4:00 PM – 4:55 PM <b>TribeLIFE™</b> Coach Parker	12:30 PM – 2:00 PM <b>Staying Active</b> Brandon Thibodeau	2:00 PM – 3:30 PM <b>RSB – Stages 3-4</b> Wyatt Guillette				
4:00 PM – 4:55 PM <b>TribeLIFE™</b> Coach Parker	12:30 PM – 2:00 PM <b>Staying Active</b> Brandon Thibodeau	4:00 PM – 4:55 PM <b>Zumba</b> Jayashree Acharia	12:30 PM – 2:00 PM <b>*UVAC Boxing</b> Wyatt Guillette					
5:00 PM – 5:55 PM <b>Kettlebell Strength</b> Morganne Young	3:30PM – 4:25 PM <b>TribeKIDS™</b> Coach Melanie	5:00 PM – 5:55 PM <b>Cardio Kickboxing</b> Darcy Pooler	3:30PM – 4:25 PM <b>TribeKIDS™</b> Coach Melanie	4:30 PM - 5:25 PM <b>TRX</b> Anh Nguyen				
5:00 PM – 5:55 PM <b>*TribeFIT™</b> Coach Parker	4:30 PM - 5:25 PM <b>Boot Camp</b> Wyatt Guillette	5:00 PM - 5:55 PM <b>*TribeFIT™</b> Coach Parker	5:00 PM – 5:55 PM <b>Kettlebell Strength</b> Parker Licari	5:30 PM – 6:25PM <b>Circuit Training</b> Brandon Thibodeau				
6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	5:30 PM - 6:25 PM <b>Zumba</b> Jayashree Acharia	6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	6:00 PM - 6:55 PM <b>Boot Camp</b> Eva Gillette					

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 Viegner	8:15 AM – 9:10 AM <b>Cycling</b> Liz Storn	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegner			
8:15 AM – 9:10 AM <b>Cycling</b> Liz Storn	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	11:30 AM – 12:30 PM <b>Pedaling for Parkinson's</b> Melanie Viegner	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	8:15 AM – 9:10 AM <b>Cycling</b> Adrienne Pelton	8:15 AM – 9:10 AM <b>Cycling</b> Week 1 Anh Nguyen Week 2 Liza Fredrickson Week 3 Anh Nguyen Week 4 Amy Thacker	9:00 AM – 9:55 AM <b>Cycling</b> Sowmya Srinivas
6:00 PM – 6:55PM <b>Cycling</b> Anh Nguyen		6:00 PM – 6:55PM <b>Cycling</b> Parker Licari	5:00 PM – 5:45 PM <b>Cycling</b> 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.