

# October 2025

*\*All classes are free to members unless noted otherwise.\**

## Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 AM – 8:15 AM <b>TRX</b> Larry Ruffing		7:30 AM – 8:15 AM <b>TRX</b> Larry Ruffing	8:30 AM – 9:25 AM <b>Mat Pilates</b> Elda Aner	8:30 AM – 9:25 AM <b>Dance Skills</b> Rachel Burcham	8:00 AM – 8:55 AM <b>Slow Sacred Sundays</b> Amy McClure
8:30 AM – 9:25 AM <b>Mat Pilates</b> Elda Aner	9:00 AM – 9:55 AM <b>Yoga Strength &amp; Balance</b> Carole Petrillo	9:00 AM – 10:15 AM <b>Gentle Yoga</b> Connie Ciulla	9:00 AM – 9:55 AM <b>Yoga Strength &amp; Balance</b> Carole Petrillo			10:00 AM – 10:55 AM <b>Alternative Flow Yoga</b> Kathryn Mills
9:30 AM – 10:25 AM <b>Pilates Reformer</b> Elda Aner	10:15 AM – 11:10 AM <b>Vinyasa Yoga</b> Sharon Comeau	10:30 AM – 11:25 AM <b>Pilates Reformer</b> Maryam Paydarfar	10:15 AM – 11:10 AM <b>Pilates Circuit</b> Elda Aner	9:30 AM – 10:25 AM <b>Pilates Reformer</b> Elda Aner	10:00 AM – 11:15 AM <b>Slow Flow Yoga</b> Connie Ciulla	
10:30 AM – 11:25 AM <b>Pilates Reformer</b> Maryam Paydarfar	11:15 AM – 12:10 PM <b>Senior Strength</b> Sharon Comeau					
		5:00 PM - 5:45 PM <b>TRX</b> Suzanne Lee-Ciambra				
5:00 PM – 5:55 PM <b>Slow Flow Yoga</b> Megan Chapman			5:00 PM – 5:55 PM <b>Zumba</b> Liza Fredrickson	6:00 PM – 7:15 PM <b>Partner Yoga (2nd Fri ONLY)</b> Kathryn Mills		
6:10 PM – 7:05 PM <b>Pilates Reformer</b> Sydney Boardman	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills	6:10 PM – 7:05 PM <b>Pilates Reformer</b> Sydney Boardman	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills			



## Warm Water and Competition Pools – Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 8:30 AM <b>Masters Swim</b> Barbara Hummel	
6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	7:15 AM – 8:10 AM <b>HIIT the Water</b> Kathleen Danforth	7:30 AM – 8:25 AM <b>Masters Swim</b> Barbara Hummel
7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle		7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle	7:30 AM – 8:25 AM <b>Aqua Gym</b> Kathleen Danforth	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle		
9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville		9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 9:55 AM <b>DW Variations</b> Sue Belisle		
	11:00 AM – 11:55 AM <b>Water Volleyball</b> Alan Hernandez	10:00 AM – 10:55 AM <b>DW Variations</b> Tomas Langland	10:00 AM – 10:55 AM <b>Water Volleyball</b> Brandon Thibodeau	11:00 AM – 11:55 AM <b>Water Volleyball</b> Alan Hernandez		
11:30 AM – 12:25 PM <b>Splash HIIT</b> Signe Linville	11:15 AM – 12:10 PM <b>Splash HIIT</b> Signe Linville	11:45 AM – 12:40 PM <b>Mahi in Water</b> Maryam Paydarfar	11:15 AM – 12:10 PM <b>Splash HIIT</b> Signe Linville			
11:45 AM – 12:40 PM <b>Mahi in Water</b> Maryam Paydarfar	12:15 PM – 1:10 PM <b>Splash HIIT</b> Signe Linville		12:15 PM – 1:10 PM <b>Splash HIIT</b> Signe Linville	12:00 PM – 12:55 PM <b>DW Variations</b> Tomas Langland	<b>PROGRAM LEGEND</b> <div>Land Classes and Programs</div> <div>Fee Based Classes</div> <div>Group Cycling</div> <div>Mind Body Classes and Programs</div> <div>Warm Water Classes and Programs</div> <div>Competition Pool Classes and Programs</div>	
5:15 PM – 6:10 PM <b>H2O to Go</b> Melissa Gove		5:15 PM – 6:10 PM <b>H2O to Go</b> Melissa Gove	5:30 PM – 6:25 PM <b>Warm Water Essentials</b> Parker Licari			
	6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel	6:15 PM – 7:00 PM <b>Adult Advance LTS</b> Fee Based Class	6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel			
6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel						