

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



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

| Monday                                                           | Tuesday                                                          | Wednesday                                                        | Thursday                                                            | Friday                                                           | Saturday                                                                                                                                                                                                                                                                            | Sunday                                                      |
|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel       | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel       | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel       | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel          | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel       | 6:30 AM – 8:30 AM<br><b>Masters Swim</b><br>Barbara Hummel                                                                                                                                                                                                                          |                                                             |
| 6:30 AM – 7:30 AM<br><b>Masters Swim</b><br>Barbara Hummel       |                                                                  | 6:30 AM – 7:30 AM<br><b>Masters Swim</b><br>Barbara Hummel       | 7:30 AM – 8:25 AM<br><b>Aqua Gym</b><br>Kathleen Danforth           | 7:30 AM – 8:25 AM<br><b>Warm Water Essentials</b><br>Sue Belisle | 7:15 AM – 8:10 AM<br><b>HIIT the Water</b><br>Kathleen Danforth                                                                                                                                                                                                                     | 7:30 AM – 8:25 AM<br><b>Masters Swim</b><br>Barbara Hummel  |
| 7:30 AM – 8:25 AM<br><b>Warm Water Essentials</b><br>Sue Belisle |                                                                  | 7:30 AM – 8:25 AM<br><b>Warm Water Essentials</b><br>Sue Belisle | 9:00 AM – 10:00 AM<br><b>Masters Swim</b><br>Signe Linville         |                                                                  |                                                                                                                                                                                                                                                                                     | 9:45 AM – 10:45 AM<br><b>Masters Swim</b><br>Barbara Hummel |
| 9:00 AM – 10:00 AM<br><b>Masters Swim</b><br>Signe Linville      | 9:00 AM – 10:00 AM<br><b>Masters Swim</b><br>Signe Linville      |                                                                  | 10:00 AM – 10:55 AM<br><b>Water Volleyball</b><br>Brandon Thibodeau | 9:00 AM – 9:55 AM<br><b>DW Variations</b><br>Sue Belisle         |                                                                                                                                                                                                                                                                                     |                                                             |
|                                                                  | 11:00 AM – 11:55 AM<br><b>Water Volleyball</b><br>Alan Hernandez | 10:00 AM – 10:55 AM<br><b>DW Variations</b><br>Tomas Langland    |                                                                     | 11:00 AM – 11:55 AM<br><b>Water Volleyball</b><br>Alan Hernandez |                                                                                                                                                                                                                                                                                     |                                                             |
| 11:30 AM – 12:25 PM<br><b>Splash HIIT</b><br>Signe Linville      | 11:15 AM – 12:10 PM<br><b>Splash HIIT</b><br>Signe Linville      | 11:45 AM – 12:40 PM<br><b>Mahi in Water</b><br>Maryam Paydarfar  | 11:15 AM – 12:10 PM<br><b>Splash HIIT</b><br>Signe Linville         |                                                                  |                                                                                                                                                                                                                                                                                     |                                                             |
| 11:45 AM – 12:40 PM<br><b>Mahi in Water</b><br>Maryam Paydarfar  | 12:15 PM – 1:10 PM<br><b>Splash HIIT</b><br>Signe Linville       |                                                                  | 12:15 PM – 1:10 PM<br><b>Splash HIIT</b><br>Signe Linville          | 12:00 PM – 12:55 PM<br><b>DW Variations</b><br>Tomas Langland    | <b>PROGRAM LEGEND</b> <ul style="list-style-type: none"> <li>Land Classes and Programs</li> <li>Fee Based Classes</li> <li>Group Cycling</li> <li>Mind Body Classes and Programs</li> <li>Warm Water Classes and Programs</li> <li>Competition Pool Classes and Programs</li> </ul> |                                                             |
| 5:15 PM – 6:10 PM<br><b>H2O to Go</b><br>Melissa Gove            |                                                                  | 5:15 PM – 6:10 PM<br><b>H2O to Go</b><br>Melissa Gove            | 5:30 PM – 6:25 PM<br><b>Warm Water Essentials</b><br>Parker Licari  |                                                                  |                                                                                                                                                                                                                                                                                     |                                                             |
|                                                                  | 6:05 PM – 7:05 PM<br><b>Masters Swim</b><br>Barbara Hummel       | 6:15 PM – 7:00 PM<br><b>Adult Advance LTS</b><br>Fee Based Class | 6:05 PM – 7:05 PM<br><b>Masters Swim</b><br>Barbara Hummel          |                                                                  |                                                                                                                                                                                                                                                                                     |                                                             |
| 6:05 PM – 7:05 PM<br><b>Masters Swim</b><br>Barbara Hummel       |                                                                  |                                                                  |                                                                     |                                                                  |                                                                                                                                                                                                                                                                                     |                                                             |