

# UVAC Class Descriptions

ALL LEVELS WELCOME

Boot Camp

A powerful and challenging workout to improve cardiovascular endurance, muscular and core strength using a wide variety of moves. You will use an assortment of equipment such as steps, bosu balls, body bars and weights.

Boxing Circuit

Learn basic boxing skills while getting a well-rounded workout. This class is designed for all skill levels, and is a great entry-level boxing and cardio class.

Boxing Skills

Learn the proper boxing footwork and fundamentals, effective punching techniques, defensive body movements, and strategic positioning.

Cardio Kickboxing

Cardio-focused with conditioning intervals, encompassing movements from multiple martial arts including karate, Muay Thai and Taekwondo.

Circuit Training

55 minutes of full body resistance training using balls, weights, body bars, bands and intense circuits for a total body workout in a group setting.

Dance Fusion

This class is nonstop dancing blending Zumba routines and original choreography with a focus on movement and musicality. Get ready to have more fun than you ever thought in this full-body, get-your-groove-on, workout. Dance Fusion is perfect for anyone wanting to take their Zumba moves to the next level.

Dance Skills

Strengthen and stretch your body while learning foundational dance skills such as turns, kicks, and leaps. Suitable for all skill levels, from complete beginners to advanced dancers!

Early Riser Strength

A strength class that works the whole body. Use free weights, bands, balls, as well as body weight exercises. Participate in non-stop strength building exercises that will increase muscular endurance and get you ready to embrace your day!

Essential Conditioning

A whole body workout designed to target all main muscle groups to improve overall strength and mobility. This course uses a circuit structure that includes agility, Resistance, and a variety of equipment,

Full-Body Strength

High reps, low weights is the name of the game. In this class, we will target all the major muscle groups and work to fatigue, challenging your muscular endurance while increasing strength. All levels welcome!

Kettlebell Strength

A resistance training-based group class focused on improving and maintaining strength and muscle development using primarily kettlebells for a wide variety of movements, but other implements such as dumbbells and resistance bands will be utilized for variety and a well-rounded program.

Low-Impact Circuit Training

A total body conditioning class that incorporated weights, bands, TRX, and balls through various circuits. The class is high intensity, but low impact on the joints, making it great for all ages and abilities.

Power Hour

A challenging small group-based circuit style class with timed work and rest periods. You'll be performing various strength and conditioning exercises at a fast pace using dumbbells, kettle balls, TRX, and your own body weight.

Senior Strength

A class that focuses on improving physical strength, flexibility and balance for older adults.

TRX

A unique strength building exercise using straps and your own body weight to build cardiovascular health, stamina, core stability and improve posture and balance. This training style WILL provide every tool you need to reach your goals. Fourteen spots available per class.

Trails & Tires

A fun outdoor offering combining running/walking on the trails, flipping tires and body weight exercises. All levels are welcome. Class will be held indoors during inclement weather.

Zumba

Focuses on Latin movements with added cardiovascular drills. An hour long class that gets your body moving to the beat and working up a sweat! Each instructor adds their own style.

Group Cycling

A high-energy, fat-burning, indoor cycling workout. No matter what your fitness level, you'll burn calories and have fun! Great

music, camaraderie and visualization in a complete mind/body exercise program for unparalleled fitness results. You can burn an average of 500 calories in a 40-minute class!

Aqua Gym

Aqua Gym is designed with different blocks of exercises focusing on strength, cardio and speed and agility. Designed for all fitness levels.

Deep Water Variations

A deep pool, low-impact workout with a high impact on your cardiovascular system. Wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobic routines.

Deep Water Volleyball

A fun full body, deep water workout designed to improve strength and cardiovascular fitness using a safe yet challenging mix of water walking/running and volleyball.

Warm Water Essentials

Come join Sue learning the art of water tabata. Toning your muscles, straightening your alignment, working on core, balance, and strength all while having fun.

H2O To Go

This class is low stress on the joints and very beneficial for the body. Various movements are performed while using noodles and water weights to increase resistance and difficulty. The entire class takes place in the warm water pool. All levels welcome!

Mahi in Water

Pilates mat and reformer exercises adapted to water. Learn the moves of Mahi Pilates easier without the fear of falling and less pain due to high range of motion in the water. Proper alignment, core support, and spine mobility are the main focus of the exercises.

Splash HIIT

A high intensity aqua class with exercises to increase strength and cardiovascular fitness. Being in the water makes all exercises have a low impact on the joints of the body and still receive all the benefits as if they were to be done on land.

HIIT the Water

Combining HIIT and ladder drills, burn calories and get stronger in this water workout that can be enjoyed in both deep water and shallow water.

Alternative Flow Yoga

Alternative yoga incorporates traditional yoga focused on postures and breathing, but has a Westernized twist. It adds something unique to the mix that will have an added benefit to the body, mind or both.

Yoga Strength and Balance

Strength and Balance are the key attributes for the physical and mental health of our body. The sequences will lead you through the wonderful practice in yoga to develop these qualities. Yoga props will be used to accommodate all participants.

Gentle Yoga

Includes carefully orchestrated movements, controlled pressure, well-measured stretches, and range of motion exercises. Encourages a highly individualized approach to practice with on-going moment-to-moment adjustments. For those who want a softer, slow-paced, and relaxing practice.

Beginner Slow Flow Yoga

Discover the world of yoga at your own pace with Beginner's Slow Flow Yoga class. This gentle introduction focuses on basic poses, mindfulness, breath work, and relaxation. Chairs available. (not req.)

Mat Pilates

Develop core strength, flexibility, balance, and stamina while you lengthen and strengthen your muscles with this highly effective low- impact workout!

Slow Flow Yoga

A slow paced class designed to rejuvenate and heal the body. Focus is on alignment, strength and flexibility.

Slow & Sacred Sundays

A slower-paced class that aligns with the natural rhythm of the morning, featuring deep stretches, longer holds, and mindful breathwork. Perfect for setting intentions and cultivating a sense of stability, balance, and readiness for the week ahead.

Partner Yoga

This is a practice where two people connect through yoga poses, building trust, communication, and physical connection through shared movement and support.

Vinyasa Yoga

Movements are synchronized with the breath while practicing traditional asana (poses) and sequences.

LAND BASED CLASSES CYCLING  
AQUATIC CLASSES MIND BODY CLASSES  
PAID PROGRAMS

Breast Cancer Survivorship

PALS for Life

A FREE safe and effective research-based exercise program Small Group Training Program for Breast Cancer Survivors following the University of Pennsylvania PAL (Physical Activity and Lymphedema Study) protocol. PALS for Life welcomes anyone who has been affected by breast cancer. A doctor referral and consultation with a physical therapist is required to participate.

PALS for Life Bridge Program

Affordably priced small group training for those who have completed the PALS protocol and want to do additional training. This program is based upon the Strength and Courage Project.

Living Beyond Cancer

Affordably priced group supported training for cancer survivors. There is mounting evidence that exercise and rehabilitative interventions improve outcomes for cancer survivors. Open to those living with breast cancer and beyond.

PEP

Pedaling for Parkinson's™

Peddling at UVAC is part of the Parkinson's Exercise Program! Join a Parkinson's certified instructor to improve your endurance, strengthen your legs, and reduce Parkinson's symptoms. The Pedaling for Parkinson's™ program is based on research indicating that consistent exercise on a bicycle can reduce symptoms of Parkinson's.

PWR!Moves

Learn bodyweight exercises that focus on: Core work, multi-joint and multi-muscular movement to improve flexibility and range of movement. Great functional training for life's activities for individuals with Parkinson's Disease!

Rock Steady Boxing (RSB)

RSB is a health and wellness program for people with Parkinson's Disease. It's based on a foundation of non-contact boxing, and it's very effective for improving many PD symptoms. RSB focuses on stretching, strengthening, balance, executive functioning, and fine motor skills.

Tribe

TribeLIFE™ is a dynamic program engineered to empower you with functional fitness, ensuring you're prepared for any curve ball life may hurl your way. In a world marked by unpredictability and ever-changing demands, TribeLIFE™ serves as your steadfast companion, ready to fortify your physical and mental well-being.

TribeKIDSTM involves exercises that are fundamental to all things that kids need to do as their bodies grow – pull, push, run, jump, throw, climb and lift. Dedicated TribeKIDSTM Coach will motivate and coach our kids every step of the way encouraging them to new levels of fitness, strength and confidence season after season. (ages 6-12)

Pilates Essential Reformer

The essentials of Pilates with the Reformer machine. Sculpt long, lean muscles and challenge your core for a noticeable difference in your posture. Taught by Jenny, Maryam and Sydney.

Pilates Circuit

A dynamic and efficient workout where participants rotate through a series of Pilates exercises on different apparatus or equipment.

Functional Fitness Training

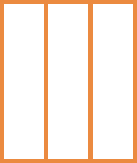
This small group training offering consists of a variety of exercises that challenge balance, core, strength, endurance, and cardio. Sessions may involve using equipment including kettlebells, dumbbells, battle ropes, medicine balls, stability balls, barbells, squat racks, and cardio equipment.

Masters Swim

Improve your fitness and stroke technique with inspired coaching, camaraderie and a convenient work-out schedule in a fun and challenging environment. Designed to help you reach YOUR swimming goals. (18 yrs and up).

UVAC Boxing

This is a progressive boxing class where we start with the basics and progress to more challenging and advanced boxing techniques in the later weeks. All levels welcome.



UPPER VALLEY  
AQUATIC  
CENTER  
uvacswim.org

## Class Schedule

### September 2025 AT-A-GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  <b>Labor Day Open 5am-1pm NO CLASSES</b>	2  <b>Swim Lesson Registration Opens @ 9:00am</b>	3	4	5	6
7	8	9 <b>Group Fitness Orientation 10:00am</b> <small>Sign-up at Welcome Desk</small> <b>AARP ShredEvent 11am-1pm</b>	10  <b>Mental Health Lecture 6:00pm</b>	11	12	13  <i>September Celebration 10am-2pm</i>
14  <b>TEAM UVAC Spartan Killington Race</b>	15	16	17  <b>Java with Joe 9:30am Lobby</b>	18	19	20  <b>Group Fitness Orientation 9:30am</b> <small>Sign-up at Welcome Desk</small>
21	22	23  <b>Group Fitness Orientation 10:00am</b> <small>Sign-up at Welcome Desk</small>	24	25	26	27
28  <b>CPR/AED/First Aid 10:00AM-12:30PM</b>  <b>Group Fitness Orientation 12:00pm</b> <small>Sign-up at Welcome Desk</small>	29	30				

Facility Hours:

Weekdays 5:00 am – 7:30 pm

Saturday 6:30 am – 4:00 pm

Sunday 7:30 am – 3:00 pm

Pools close 15 minutes early

WEATHER HOTLINE

802.698.8361

802.296.2850

UVACswim.org

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

## **Group Exercise Studio – Classes and Programs**

## Group Exercise Studio – Classes and Programs

## PROGRAM LEGEND

## Land Classes and Programs

## Fee Based Classes

## Group Cycling

## Mind Body Classes and Programs

## Warm Water Classes and Programs

## Competition Pool Classes and Programs

## Special Locations

<sup>^</sup> Fitness Floor

## Training 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> Parker Licari	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegner			
8:15 AM – 9:10 AM <b>Cycling</b> Parker Licari	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> Adrianne 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 Week 5 Anh Nguyen	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> Suzanne Lee-Ciambra				

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.

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

## Mind Body Studio – Classes and Programs

## Mind Body Studio – Classes and Programs

**Over 85  
FREE Classes  
included  
in your  
membership!**

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	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	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 – 8:25AM <b>Warm Water Essentials</b> Sue Belisle		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			9:45 AM – 10:45 AM <b>Masters Swim</b> Barbara Hummel
9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville		10:00 AM – 10:55 AM <b>Water Volleyball</b> Brandon Thibodeau	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 – 10:55AM <b>DW Variations</b> Tomas Langland		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	11:15AM – 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			
	6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel	6:15 PM – 7:00 PM <b>Adult Advance LTS</b> Fee Based Class	6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel			
6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel						

## PROGRAM LEGEND

## Land Classes and Programs

## Fee Based Classes

## Group Cycling

## Mind Body Classes and Programs

## Warm Water Classes and Programs