






# February 2026

\*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>Full-Body Strength</b> Darcy Pooler	
	7:00 AM – 7:55 AM <b>Functional Fitness Trng</b> Erin	7:15 AM – 8:10 AM <b>Dance Fusion</b> Alanna Mayer	7:00 AM – 7:55 AM <b>Functional Fitness Trng</b> Erin			
8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	8:00 AM – 9:00 AM  <b>TribeLIFE™</b> Coach Erin		8:00 AM – 9:00 AM  <b>TribeLIFE™</b> Coach Erin			
	9:00 AM – 10:00 AM <b>^PALS for Life</b> Erin Buck	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	9:00 AM – 10:00 AM <b>^PALS for Life</b> Erin Buck	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck		
9:30 AM – 10:30 AM <b>RISE</b> Erin Buck	9:10 AM – 10:10 AM <b>Power Hour</b> Larry Ruffing			9:30 AM – 10:20 AM <b>TRX</b> Erin Buck	9:30 AM – 10:25 AM <b>ZUMBA</b> Liza Fredrickson	
10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Erin Buck		9:30 AM – 10:25 AM <b>Power Hour</b> Dan Talbot	9:10 AM – 10:10 AM <b>Power Hour</b> Larry Ruffing	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Erin Buck	10:30 AM – 11:25 AM <b>Dance</b> Wk 1: Line Dancing Wk 2: Jazz Dance Wk 3: Musical Theater Wk 4: Popular Dance	
11:00 AM – 11:50 AM <b>TRX</b> Garrett Wilson	10:15 AM – 10:55 AM <b>TRX</b> Parker Licari	10:30 AM – 11:25 AM <b>RISE</b> Erin Buck	10:15 AM – 10:55 AM <b>TRX</b> Signe Linville			
12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> Parker Licari	11:00 AM – 11:55 AM <b>Low Impact Circuit</b> Parker Licari	11:30 AM – 12:20 PM <b>TRX</b> Alan Hernandez	11:00 AM – 11:55 AM <b>Low Impact Circuit</b> Parker Licari	12:30 PM – 2:00 PM <b>RSB – Stages 3-4</b> Parker Licari	<b>PROGRAM LEGEND</b> <div> <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> </div>	
	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Larry Ruffing		10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Larry Ruffing	2:00 PM – 3:30 PM <b>RSB – Stages 1-2</b> Parker Licari		
	12:30 PM – 2:00 PM <b>PWR!Moves</b> Brandon Thibodeau		12:30 PM – 2:00 PM <b>PWR!Moves</b> Brandon Thibodeau			
	3:30 PM – 4:30 PM  <b>TribeKIDS™</b> Coach Melanie		4:30 PM – 5:25 PM <b>Boot Camp</b> Zeke Cammarata	4:30 PM - 5:25 PM <b>TRX</b> Anh Nguyen		
5:30 PM – 6:10 PM <b>Kettlebell Strength</b> Morganne Young	4:30 PM – 5:25 PM <b>Boot Camp</b> Zeke Cammarata	5:00 PM – 5:45 PM <b>TRX</b> Suzanne Lee-Ciambra	5:30 PM – 6:00 PM <b>Cardio Kickboxing</b> Darcy Pooler	5:30 PM – 6:25 PM <b>Circuit Training</b> Brandon Thibodeau	<b>Special Locations</b> ^ Fitness Floor * Training Studio + Outside	
6:15 PM – 7:10 PM <b>Circuit Training</b> Alan Hernandez		6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	6:15 PM – 7:10 PM <b>Kettlebell Strength</b> Darcy Pooler			

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> 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> Rotating Instructor	11:30 AM – 12:30 PM <b>Pedaling for Parkinson's</b> Melanie Viegner	8:15 AM – 9:10 AM <b>Cycling</b> Rotating Instructor	8:15 AM – 9:10 AM <b>Cycling</b> Adrienne Pelton	8:15 AM – 9:10 AM <b>Cycling</b> Wk 1: Anh Nguyen Wk 2: Liza Fredrickson Wk 3: Amy Thacker Wk 4: Amy Thacker	9:00 AM – 9:55 AM <b>Cycling</b> Sowmya Srinivas
6:00 PM – 6:55 PM <b>Cycling</b> Anh Nguyen	5:00 PM – 5:55 PM <b>Cycling</b> Amy Thacker	6:00 PM – 6:55 PM <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.