

February 2026

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 TRX Larry Ruffing		7:30 AM – 8:15 AM TRX Larry Ruffing	8:30 AM – 9:25 AM Mat Pilates Elda Aner		8:00 AM – 8:55 AM Slow Sacred Sundays Amy McClure
8:30 AM – 9:25 AM Mat Pilates Elda Aner	9:00 AM – 9:55 AM Yoga Strength & Balance Carole Petrillo	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	9:00 AM – 9:55 AM Yoga Strength & Balance Carole Petrillo	9:30 AM – 10:25 AM NEW! Stretch, Strength & Balance Elda Aner		10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:00 AM – 10:55 AM ZUMBA Nikki Batra	10:15 AM – 11:10 AM Vinyasa Yoga Sharon Comeau	10:30 AM – 11:25 AM NEW! ZUMBA Jolin Salazar-Kish	10:15 AM – 11:10 AM Mat Pilates Elda Aner		10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	
12:00 PM – 12:55 PM Slow Flow Yoga Abby Thomas	11:15 AM – 12:10 PM Senior Strength Sharon Comeau					
4:30 PM – 5:25 PM Slow Flow Yoga Suzanne Lee-Ciambra						
6:00 PM – 7:00 PM Pilates Reformer Sydney Boardman		6:00 PM – 7:00 PM Pilates Reformer Sydney Boardman	5:00 PM – 5:55 PM Zumba Liza Fredrickson	6:00 PM – 7:15 PM Partner Yoga (2nd Fri ONLY) Kathryn Mills		
7:00 PM – 8:00 PM Pilates Reformer Sydney Boardman	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills	7:00 PM – 8:00 PM Pilates Reformer Sydney Boardman	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

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

Warm Water and Competition Pools – Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel +Hanover High School	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel +Hanover High School	7:00 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:15 AM – 8:10 AM HIIT the Water	7:30 AM – 8:45 AM Masters Swim Barbara Hummel
7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:25 AM AquaSPA Alanna Mayer	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:25 AM AquaSPA Alanna Mayer	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle		
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 9:55 AM DW Variations Sue Belisle		
	11:00 AM – 11:55 AM Water Volleyball Alan Hernandez	10:00 AM – 10:55 AM DW Variations Tomas Langland	10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	11:00 AM – 11:55 AM Water Volleyball Alan Hernandez		
11:30 AM – 12:25 PM Splash HIIT Signe Linville	11:15 AM – 12:10 PM Splash HIIT Signe Linville		11:15 AM – 12:10 PM Splash HIIT Signe Linville		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	
<i>Temporarily Unavailable</i> 11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Signe Linville	<i>Temporarily Unavailable</i> 11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Signe Linville	12:00 PM – 12:55 PM DW Variations Tomas Langland		
5:15 PM – 6:10 PM H2O to Go Alia Gonzalez		5:15 PM – 6:10 PM H2O to Go Alia Gonzalez	5:30 PM – 6:25 PM Warm Water Essentials Parker Licari			
6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Class	6:15 PM – 7:15 PM Masters Swim Barbara Hummel			