

March 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 Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM TribeLIFE™ Coach Erin	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM TribeLIFE™ Coach Erin	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	8:30 AM – 9:25 AM Full-Body Strength Darcy Pooler	
	7:00 AM – 7:55 AM Functional Fitness Trng Erin Buck	7:15 AM – 8:10 AM Dance Fusion Alanna Mayer	7:00 AM – 7:55 AM Functional Fitness Trng Erin Buck			
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM TribeLIFE™ Coach Erin		8:00 AM – 9:00 AM TribeLIFE™ Coach Erin			
9:30 AM – 10:30 AM RISE Erin Buck	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
10:30 AM – 11:25 AM *Functional Fitness Trng Erin Buck	9:10 AM – 10:10 AM Power Hour Larry Ruffing	9:30 AM – 10:25 AM Power Hour Dan Talbot	9:10 AM – 10:10 AM Power Hour Larry Ruffing	9:30 AM – 10:20 AM TRX Tracy Mayer	9:30 AM – 10:25 AM ZUMBA Liza Fredrickson	
11:00 AM – 12:00 PM *Functional Fitness Trng Garrett Wilson starts 3/16		10:30 AM – 11:25 AM RISE Erin Buck	10:15 AM – 10:55 AM TRX Coryne Legare	10:30 AM – 11:25 AM *Functional Fitness Trng Erin Buck		
11:00 AM – 11:50 AM TRX Garrett Wilson Tracy Mayer starts 3/9	10:15 AM – 10:55 AM TRX Coryne Legare	11:00 AM – 12:00 PM *Functional Fitness Trng Garrett Wilson starts 3/16	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari			
12:30 PM – 2:00 PM RSB – Stages 1-2 Parker Licari	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	11:30 AM – 12:20 PM TRX Alan Hernandez	10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing	12:30 PM – 2:00 PM RSB – Stages 3-4 Parker Licari	PROGRAM LEGEND 	
2:00 PM – 3:30 PM RSB – Stages 1-2 Parker Licari	10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing		12:30 PM – 2:00 PM PWRIMoves Brandon Thibodeau	2:00 PM – 3:30 PM RSB – Stages 1-2 Parker Licari		
	12:30 PM – 2:00 PM PWRIMoves Brandon Thibodeau		3:30 PM – 4:30 PM TribeKIDS™ Coach Melanie			
	3:30 PM – 4:30 PM TribeKIDS™ Coach Melanie		4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	4:30 PM – 5:25 PM TRX Anh Nguyen		
5:30 PM – 6:10 PM Kettlebell Strength Morganne Young	4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	5:00 PM – 5:45 PM TRX Suzanne Lee-Ciambra	5:30 PM – 6:00 PM Cardio Kickboxing Darcy Pooler	5:30 PM – 6:25 PM Circuit Training Morganne Young	Special Locations ^ Fitness Floor * Training Studio + Outside	
6:15 PM – 7:10 PM Circuit Training Alan Hernandez	5:30 PM – 6:25 PM TRX Dance Fusion Alana & Tracy Mayer	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:15 PM – 7:10 PM Kettlebell Strength 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 Cycling Melanie Viegener	8:15 AM – 9:10 AM Cycling Parker Licari	5:30 AM – 6:25 AM Cycling Melanie Viegener			
8:15 AM – 9:10 AM Cycling Parker Licari	8:15 AM – 9:10 AM Cycling Zeke Cammarata	11:30 AM – 12:30 PM Pedaling for Parkinson's Melanie Viegener	8:15 AM – 9:10 AM Cycling Zeke Cammarata	8:15 AM – 9:10 AM Cycling Adrienne Pelton	8:15 AM – 9:10 AM Cycling	9:00 AM – 9:55 AM Cycling Sowmya Srinivas
6:00 PM – 6:55 PM Cycling Anh Nguyen	5:00 PM – 5:55 PM Cycling Amy Thacker	6:00 PM – 6:55 PM Cycling Suzanne Lee-Ciambra			Wk 1: Anh Nguyen Wk 2: Liza Fredrickson Wk 3: Amy Thacker Wk 4: Amy Thacker	

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.