

March 2026

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

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	8:30 AM – 9:25 AM Dance Rachel Burcham Wk 1: Line Dancing Wk 2: Jazz Dance Wk 3: Musical Theater Wk 4: Popular Dance	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 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 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					March 1, 8, 15 & 22 1:00 PM – 2:30 PM NEW Sound Experience Tobin Asher
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			



Warm Water and Competition Pools – Aquatic Classes and Programs

Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	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		7:30 AM – 8:45 AM Masters Swim Barbara Hummel
7:30 AM – 8:25 AM Warm Water Essentials Tracy Mayer	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 Aqua Bootcamp Tracy Mayer		
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 Tomas Langland		
	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			
11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Signe Linville	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		
March 2 & 9 5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool		March 4 & 11 5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool	March 5 & 12 5:30 PM – 6:25 PM Warm Water Essentials Deep Half of Pool			
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			

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