

# 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 <b>TRX</b> Larry Ruffing		7:30 AM – 8:15 AM <b>TRX</b> Larry Ruffing	8:30 AM – 9:25 AM <b>Mat Pilates</b> Elda Aner	8:30 AM – 9:25 AM <b>Dance</b> Rachel Burcham Wk 1: Line Dancing Wk 2: Jazz Dance Wk 3: Musical Theater Wk 4: Popular Dance	8:00 AM – 8:55 AM <b>Slow Sacred Sundays</b> Amy McClure
8:30 AM – 9:25 AM <b>Mat Pilates</b> Elda Aner	9:00 AM – 9:55 AM <b>Yoga Strength &amp; Balance</b> Carole Petrillo	9:00 AM – 10:15 AM <b>Gentle Yoga</b> Connie Ciulla	9:00 AM – 9:55 AM <b>Yoga Strength &amp; Balance</b> Carole Petrillo	9:30 AM – 10:25 AM <b>Stretch, Strength &amp; Balance</b> Elda Aner		10:00 AM – 10:55 AM <b>Alternative Flow Yoga</b> Kathryn Mills
10:00 AM – 10:55 AM <b>ZUMBA</b> Nikki Batra	10:15 AM – 11:10 AM <b>Vinyasa Yoga</b> Sharon Comeau	10:30 AM – 11:25 AM <b>ZUMBA</b> Jolin Salazar-Kish	10:15 AM – 11:10 AM <b>Mat Pilates</b> Elda Aner		10:00 AM – 11:15 AM <b>Slow Flow Yoga</b> Connie Ciulla	
12:00 PM – 12:55 PM <b>Slow Flow Yoga</b> Abby Thomas	11:15 AM – 12:10 PM <b>Senior Strength</b> Sharon Comeau					<b>March 1, 8, 15 &amp; 22</b> 1:00 PM – 2:30 PM <b>NEW Sound Experience</b> Tobin Asher
4:30 PM – 5:25 PM <b>Slow Flow Yoga</b> Suzanne Lee-Ciambra						
6:00 PM – 7:00 PM <b>Pilates Reformer</b> Sydney Boardman		6:00 PM – 7:00 PM <b>Pilates Reformer</b> Sydney Boardman	5:00 PM – 5:55 PM <b>Zumba</b> Liza Fredrickson	6:00 PM – 7:15 PM <b>Partner Yoga (2nd Fri ONLY)</b> Kathryn Mills		
7:00 PM – 8:00 PM <b>Pilates Reformer</b> Sydney Boardman	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills	7:00 PM – 8:00 PM <b>Pilates Reformer</b> Sydney Boardman	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills			



## Competition Pool - 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 <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	7:00 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	6:30 AM – 7:30 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 – 8:45 AM <b>Masters Swim</b> Barbara Hummel
7:30 AM – 8:25 AM <b>Aqua Bootcamp</b> Tracy Mayer	7:30 AM – 8:25 AM <b>AquaSPA</b> Alanna Mayer	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle	7:30 AM – 8:25 AM <b>AquaSPA</b> Alanna Mayer	7:30 AM – 8:25 AM <b>Aqua Bootcamp</b> Tracy Mayer		
9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville		9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 9:55 AM <b>DW Variations</b> Tomas Langland		
		10:00 AM – 10:55 AM <b>Deep Water Variations</b> Tomas Langland	10:00 AM – 10:55 AM <b>DW Water Volleyball</b> Brandon Thibodeau			
11:30 AM – 12:25 PM <b>Splash HIIT</b> Signe Linville	11:00 AM – 11:55 AM <b>DW Water Volleyball</b> Alan Hernandez			11:00 AM – 11:55 AM <b>DW Water Volleyball</b> Alan Hernandez		
11:45 AM – 12:40 PM <b>Mahi in Water</b> Maryam Paydarfar	11:15 AM – 12:00 PM <b>Splash HIIT</b> Signe Linville	11:45 AM – 12:15 PM <b>Mahi in Water</b> Maryam Paydarfar	11:15 AM – 12:00 PM <b>Splash HIIT</b> Signe Linville	12:00 PM – 12:55 PM <b>Deep Water Variations</b> Tomas Langland		
	12:15 PM – 1:00 PM <b>Splash HIIT</b> Signe Linville		12:15 PM – 1:00 PM <b>Splash HIIT</b> Signe Linville			
6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel	6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel	6:15 PM – 7:00 PM <b>Adult Advance LTS</b> Fee Based Class	6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel			

### PROGRAM LEGEND

Land Classes and Programs
Fee Based Classes
Group Cycling
Mind Body Classes and Programs
Competition Pool Classes and Programs