

October 2026

FREE Aquatic Classes - Warm Water & Competition Pool

All classes are free to members. Reservation required. Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM – 8:25 AM Warm Water Essentials Parker Licari ☀️	7:30 AM – 8:25 AM AquaSPA Alanna Mayer ☀️	7:30 AM – 8:25 AM Warm Water Essentials Parker Licari ☀️	7:30 AM – 8:25 AM AquaSPA Alanna Mayer ☀️	7:30 AM – 8:25 AM Warm Water Essentials Parker Licari ☀️	7:15 AM - 8:10AM H2O to Go Alia Gonzalez 🌊	
9:00 AM – 9:55 AM Deep Water Variations Tomas Langland ☀️	11:00 AM – 11:55 AM DW Volleyball Brandon Thibodeau			9:00 AM – 9:55 AM Deep Water Variations Tomas Langland ☀️		
11:00 AM – 11:55 AM DW Volleyball Brandon Thibodeau ☀️	11:00 AM – 11:55 AM DW Volleyball Alan Hernandez ☀️	10:00 AM – 10:55 AM Deep Water Variations Tomas Langland ☀️	10:00 AM – 10:55 AM DW Volleyball Brandon Thibodeau ☀️		PROGRAM LEGEND Warm Water Classes and Programs Competition Pool Classes and Programs ☀️ Instructor Teaching on Deck 🌊 Instructor Teaching in Water 	
11:30 AM – 12:25 PM Warm Water Essentials Sue Belisle ☀️	11:15 AM – 12:10 PM Splash HIIT Signe Linville ☀️		11:15 AM – 12:10 PM Splash HIIT Signe Linville ☀️	11:00 AM – 11:55 AM DW Volleyball Alan Hernandez ☀️		
12:30 PM – 1:25 PM Mahi Pilates Maryam Paydarfar ☀️	12:15 PM – 1:10 PM Splash HIIT Signe Linville ☀️	12:30 PM – 1:25 PM Mahi Pilates Maryam Paydarfar ☀️	12:15 PM – 1:10 PM Splash HIIT Signe Linville ☀️	12:00 PM – 12:55 PM Deep Water Variations Tomas Langland ☀️		
5:15 PM – 6:10 PM H2O to Go Melissa Gove ☀️	5:30 PM – 6:25 PM Warm Water Essentials Alia Gonzalez 🌊	5:15 PM – 6:10 PM H2O to Go Melissa Gove ☀️	5:30 PM – 6:25 PM Warm Water Essentials Alia Gonzalez 🌊			

FREE Group Exercise Classes

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci		5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci		5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci		
		7:15 AM – 8:10 AM Dance Fusion Alanna Mayer				
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:10 AM – 10:10 AM Power Hour Tracy Mayer	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:10 AM – 10:10 AM Power Hour Dan Talbot	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:30 AM – 9:25 AM Full-Body Strength Darcy Pooler	9:00 AM – 10:00 AM Sculpt & Strengthen Anh Nguyen
10:30 AM – 11:25 AM ZUMBA Nikki Batra	10:15 AM – 10:55 AM TRX Emily Pritchard	10:30 AM – 11:25 AM ZUMBA Jolin Salazar-Kish	10:15 AM – 10:55 AM TRX Signe Linville	9:45 AM – 10:40 AM TRX Tracy Mayer	9:30 AM – 10:25 AM ZUMBA Liza Fredrickson	10:00 AM – 10:55 AM Dance Fitness Rachel Burcham
11:30 AM – 12:25 PM TRX Parker Licari	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	11:30 AM – 12:20 PM TRX Alan Hernandez	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari		FREE Group Orientations New to the Fitness Center, TRX or Cycling? Our expert Team will guide you through safe and effective equipment use. Sign up at the Welcome Desk. Fitness Center Saturday, 10/10 @ 9:30am Friday, 10/16 @ 10:30am Saturday, 10/24 @ 9:30am Cycling Saturday, 10/24 @ 9:30am TRX Saturday, @ 10/17 10:30am	
5:00 PM – 5:45 PM Kettlebell Strength Morganne Young	4:30 PM – 5:25 PM Boot Camp Zeke Cammarata		4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	4:30 PM - 5:25 PM TRX Anh Nguyen		
6:00 PM – 6:55 PM Circuit Training Alan Hernandez	5:30 PM – 6:25 PM TRX Dance Fusion Alanna & Tracy Mayer	5:00 PM – 5:55 PM Functional Strength Emily Pritchard	5:30 PM – 6:25 PM Cardio Kickboxing Darcy Pooler			
		6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:30 PM – 7:25 PM Strength ABC Darcy Pooler			