

October 2026

FREE Group Cycling Classes

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
8:15 AM – 9:10 AM Cycling Shannon Varley	5:30 AM – 6:25 AM Cycling Melanie Viegener	8:15 AM – 9:10 AM Cycling Peter Sielicki	5:30 AM – 6:25 AM Cycling Melanie Viegener	7:00 AM – 7:55 AM Cycling Zeke Cammarata Ends October 2		
9:30 AM – 10:25 AM Cycling Zeke Cammarata	8:15 AM – 9:10 AM Cycling Melissa Gove (Zeke Cammarata starting October 13)	9:30 AM – 10:25 AM Cycling Parker Licari	8:15 AM – 9:10 AM Cycling Melissa Gove (Zeke Cammarata starting October 13)	8:15 AM – 9:10 AM Cycling Shannon Varley	8:15 AM – 9:10 AM Cycling Wk 1: Amy Thacker Wk 2: Peter Sielicki Wk 3: Peter Sielicki Wk 4: Amy Thacker Wk 5: Amy Thacker	9:00 AM – 9:55 AM Cycling Sowmya Srinivas
6:00 PM – 6:55 PM Cycling Anh Nguyen	6:00 PM – 6:55 PM Cycling Peter Sielicki	6:00 PM – 6:55 PM Cycling Anh Nguyen	6:00 PM – 6:55 PM Cycling Peter Sielicki			

**See Inserts for Additional
Fee-Based Land & Aquatic
Programming Options,
including Swim Lessons!**



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UVAC Testimonials

I joined UVAC in June 2025 to improve my bone mass after a surprising osteoporosis diagnosis (-3.7 spine, plus hip). After a Dexa scan showed no improvement from basic exercise, I combined medication with ramping up my routine at UVAC to 4–5 classes a week. My scan this summer showed nearly 26% new bone in my spine and 12% in my hip—about double the average gain from medication alone! Exercise is now a part of my life. Many thanks to every instructor who pushes us to be healthier; I don't love every exercise, but I love being stronger and more fit.
~ Kathy L.

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FREE Mind Body Studio Classes

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
8:30 AM – 9:25 AM Mat Pilates Elda Aner	7:30 AM – 8:25 AM TRX Tracy Mayer	8:30 AM – 9:25 AM Barre Alanna Mayer	7:30 AM – 8:25 AM TRX Tracy Mayer	8:30 AM – 9:25 AM Mat Pilates Elda Aner		
9:30 AM – 10:25 AM Stretch, Strength & Balance Elda Aner		9:30 AM – 10:25 AM Gentle Yoga Connie Ciulla		9:30 AM – 10:25 AM Stretch, Strength & Balance Elda Aner		
	10:00 AM – 10:55 AM Vinyasa Yoga Sharon Comeau		10:00 AM – 10:55 AM Vinyasa Yoga Sharon Comeau	10:30 AM – 11:25 AM Breath & Stillness Donelle Bucholtz	10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
	11:00 AM – 11:55 AM Senior Strength Sharon Comeau		11:00 AM – 11:55 AM Senior Strength Sharon Comeau			
	12:00 PM – 12:55 PM Power Flow Yoga Sharon Comeau					1:00 PM – 2:30 PM Sound Experience Tobin Asher
GET EXCITED! 4:00 PM – 4:55 PM Yoga with Abby <i>Starting November 16!</i>			5:00 PM – 5:55 PM ZUMBA Liza Fredrickson	5:30 PM – 6:45 PM Partner Yoga (2nd Fri ONLY) Kathryn Mills		
	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills		6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			