

September 2026

All classes are free to members unless noted otherwise. See Legend. Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

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	
6:30 AM – 7:25 AM  *Tribelife™ Coach Zeke		6:30 AM – 7:25 AM  *Tribelife™ Coach Zeke	8:00 AM – 9:00 AM  Tribelife™ Coach Erin			
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM  Tribelife™ Coach Erin	7:15 AM – 8:10 AM Dance Fusion Alanna Mayer	9:00 AM – 10:00 AM ^PALS for Life Erin Buck			
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	9:10 AM – 10:10 AM Power Hour Dan Talbot	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		9:00 AM – 10:00 AM Sculpt & Strengthen Anh Nguyen
10:30 AM – 11:25 AM ZUMBA Nikki Batra	9:10 AM – 10:10 AM Power Hour Tracy Mayer	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz	10:15 AM – 10:55 AM TRX Signe Linville	9:30 AM – 10:20 AM TRX Tracy Mayer	9:30 AM – 10:25 AM ZUMBA Liza Fredrickson (No class 9/12)	
10:30 AM – 11:25 AM  *Tribelife™ Coach Erin	10:15 AM – 10:55 AM TRX Rotating Instructor	9:30 AM – 10:25 AM RISE Erin Buck	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz		
11:30 AM – 12:25 PM TRX Parker Licari	10:30 AM – 11:25 AM *Functional Fitness Trng Tracy Mayer	10:30 AM – 11:25 AM ZUMBA Jolin Salazar-Kish	10:30 AM – 11:25 AM *Functional Fitness Trng Tracy Mayer			
12:30 PM – 2:00 PM RSB – Stages 1-2 Zeke Cammarata	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	10:30 AM – 11:25 AM  *Tribelife™ Coach Erin	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	12:30 PM – 2:00 PM RSB – Stages 3-4 Parker Licari	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	
2:00 PM – 3:30 PM RSB – Stages 1-2 Zeke Cammarata	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	11:30 AM – 12:20 PM TRX Alan Hernandez	3:30 PM – 4:25 PM  Tribelife™ Coach Melanie	2:00 PM – 3:30 PM RSB – Stages 1-2 Parker Licari		
	3:30 PM – 4:25 PM  Tribelife™ Coach Melanie		4:30 PM – 5:25 PM Boot Camp Zeke Cammarata			
	4:30 PM – 5:25 PM *Strength Through Menopause Tracy Mayer		4:30 PM – 5:25 PM *Strength Through Menopause Tracy Mayer			
4:00 PM – 4:55 PM  *Tribelife™ Coach Zeke	4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	4:00 PM – 4:55 PM  *Tribelife™ Coach Zeke	5:30 PM – 6:25 PM  *Tribelife™ Coach Zeke	4:30 PM – 5:25 PM TRX Anh Nguyen		
5:30 PM – 6:10 PM Kettlebell Strength Morganne Young	5:30 PM – 6:25 PM TRX Dance Fusion Alanna & Tracy Mayer	5:00 PM – 5:55 PM Functional Strength Suzanne Lee-Ciambra	5:30 PM – 6:25 PM Cardio Kickboxing Darcy Pooler			Special Locations ^ Fitness Floor * Training Studio
6:15 PM – 7:10 PM Circuit Training Alan Hernandez	5:30 PM – 6:25 PM  *Tribelife™ Coach Zeke	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:30 PM – 7:25 PM Strength ABC Darcy Pooler			

Group Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM – 9:10 AM Cycling Shannon Varley	5:30 AM – 6:25 AM Cycling Melanie Viegner	8:15 AM – 9:10 AM Cycling Peter Sielicki	5:30 AM – 6:25 AM Cycling Melanie Viegner	7:00 AM – 7:55 AM Cycling Zeke Cammarata		
9:30 AM – 10:25 AM Cycling Zeke Cammarata	8:15 AM – 9:10 AM Cycling Melissa Gove	9:30 AM – 10:25 AM Cycling Parker Licari	8:15 AM – 9:10 AM Cycling Melissa Gove	8:15 AM – 9:10 AM Cycling Shannon Varley	8:15 AM – 9:10 AM Cycling Wk 1: Anh Nguyen Wk 2: Liza Fredrickson Wk 3: Amy Thacker Wk 4: Amy Thacker	9:00 AM – 9:55 AM Cycling Sowmya Srinivas
		11:30 AM – 12:30 PM Pedaling for Parkinson's Melanie Viegner				
6:00 PM – 6:55 PM Cycling Anh Nguyen		6:00 PM – 6:55 PM Cycling Suzanne Lee-Ciambra				