

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.

Mind Body Studio – Classes and Programs

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	8:45 AM – 9:40 AM Pilates Reformer Alanna Mayer	9:30 AM – 10:25 AM Gentle Yoga Connie Ciulla	8:45 AM – 9:40 AM Pilates Reformer Alanna Mayer	9:30 AM – 10:25 AM Stretch, Strength & Balance Elda Aner		
	10:00 AM – 10:55 AM Vinyasa Yoga Sharon Comeau	10:30 AM – 11:25 AM Yoga Linda Boudreault	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 – 1:55 PM Tai Ji Quan Kathryn Mills			1:00 PM – 2:30 PM Sound Experience Tobin Asher
	1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills		4:00 PM – 4:55 PM Pilates Reformer Alanna Mayer			
5:00 PM – 5:55 PM Pilates Reformer Jennifer Sielicki	4:00 PM – 4:55 PM Pilates Reformer Alanna Mayer	5:00 PM – 5:55 PM Pilates Reformer Jennifer Sielicki	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 Pilates Reformer Jennifer Sielicki	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills	6:00 PM – 6:55 PM Pilates Reformer Jennifer Sielicki	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

Warm Water & Competition Pool - Aquatic Classes and Programs

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	7:15 AM - 8:10AM H2O to Go Alia Gonzalez 🌊	7:30 AM – 8:45 AM Masters Swim Barbara Hummel
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 ☀️		
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 Deep Water Variations Tomas Langland		
	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 Land Classes and Programs Fee Based Classes Group Cycling Mind Body Classes and Programs Warm Water Classes and Programs Competition Pool Classes and Programs ☀️ Instructor Teaching on Deck 🌊 Instructor Teaching in Water	
	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 🌊			
6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:45 PM – 7:30 PM Adult Advance LTS Fee Based Class	6:15 PM – 7:15 PM Masters Swim Barbara Hummel			