

Group Exercise

For links to Zoom or Hybrid classes, please [click here](#) or visit our

Time	Class Name	Instructor	Location
MONDAY			
9:00 - 9:45	Balance & Strength	Wendy R.	Dance Studio/Hybrid
9:15 - 10:15	Spin	Caroline G.	Spin Studio
11:00 - 12:00	Boutelle	Mary & Tracey	Zoom
11:00 - 12:00	Parkinson's Spin	Caroline G.	Spin Studio
1:00 - 2:00	Core Strength	Shree	Group Fitness Studio
TUESDAY			
8:00 - 9:00	Cardio Strength	Sue	Zoom
10:00 - 11:30	Adult Ballet	Cynthia	Dance Studio
12:00 - 12:45	Seniorcize	Wendy R.	Zoom
12:30 - 1:30	Parkinson's Boxing	Heather	Dance Studio
1:00 - 2:00	Pilates	Wendy R.	Zoom
WEDNESDAY			
8:15 - 9:00	Weight and Core	Wendy R.	Dance Studio/Hybrid
8:00 - 9:00	Kettlebell	Sue	Gym/Hybrid
9:00 - 9:45	Barre	Wendy R.	Dance Studio/Hybrid
9:15 - 10:15	Spin and Sculpt	Caroline G.	Group Fitness Studio
9:30 - 10:30	Yoga	Brittani K.	Gallery
10:00 - 11:30	Adult Ballet	Cynthia	Dance Studio
11:00 - 12:00	Parkinson's Spin	Caroline G.	Spin Studio
1:00 - 2:00	Stretch and Restore	Shree	Dance Studio
THURSDAY			
8:00 - 9:00	HIIT Bodyweight	Sue	Zoom
9:00 - 9:45	Barre	Francesca	Dance Studio
9:45 - 10:30	Senior Stretch	Wendy R.	Zoom
10:00 - 11:00	Parkinson's Yoga	Francesca	Dance Studio
12:30 - 1:30	Parkinson's Boxing	Heather	Dance Studio
11:00 - 12:00	Boutelle	Mary & Tracey	Zoom
FRIDAY			
8:00 - 9:00	Strength w/ Dumbbells	Sue	Group Fitness Studio/Hybrid
8:00 - 9:00	Spin	Caroline	Spin Studio
9:00 - 10:00	Barre & Core	Wendy R.	Zoom
10:00 - 11:30	Adult Ballet	Cynthia	Dance Studio
12:00 - 12:45	Tai Chi	Wendy M.	Dance Studio/Hybrid
SATURDAY			
9:00 - 10:00	Yoga	Ann Marie	Dance Studio/Hybrid
9:00 - 10:00	TABATA	Sue	Zoom
10:45 - 11:30	Fit in 5	Wendy R.	Zoom
SUNDAY			
9:00 - 10:00	Kettlebell	Sue	Group Fitness Studio/Hybrid

Aquatics

All Aquatics classes take place in the
Nick Cavaturo Pool

Time	Class Name	Instructor
MONDAY		
5:30 - 7:00	Masters Swim	
7:15 - 3:00	Lap Swim	
11:15 - 12:00	Aquafit	Wendy R.
8:30 - 9:30	Night Swim	
TUESDAY		
7:15 - 3:00	Lap Swim	
8:30 - 9:30	Night Swim	
WEDNESDAY		
5:30 - 7:00	Masters Swim	
7:15 - 3:00	Lap Swim	
12:00 - 12:45	Aqua Fit	Wendy R.
8:30 - 9:30	Night Swim	
THURSDAY		
7:15 - 3:00	Lap Swim	
1:15 - 2:00	Aqua Fit	Wendy R.
8:30 - 9:30	Night Swim	
FRIDAY		
5:30 - 7:00	Masters Swim	
7:15 - 3:00	Lap Swim	
7:00 - 9:00	Night Swim	
SATURDAY		
12:30 - 4:30	Lap Swim	
3:15 - 4:00	Lap & Family Swim	
SUNDAY		
8:00 - 4:30	Lap & Family Swim	

Racquet Sports

All Racquet Sports take place in the
Constance Burke Gymnasium or outdoor tennis courts

Time	Class Name	Levels and Format
MONDAY		
9:00 - 11:00	Pickleball	Outdoor courts, open play
9:00 - 11:00	Pickleball	Open Play; Advanced/Intermediate, gymnasium
6:30 - 9:30	Badminton	Gymnasium
TUESDAY		
9:00 - 11:00	Pickleball	Outdoor courts, open play
9:00 - 11:00	Pickleball	Open play, all levels, gymnasium
11:00 - 12:00	Pickleball	Instructional, gymnasium
WEDNESDAY		
6:30 - 9:30	Badminton	Gymnasium
THURSDAY		
9:00 - 12:30	Pickleball	Outdoor courts, open play
9:00 - 12:30	Pickleball	Open Play; Advanced, gymnasium
FRIDAY		
9:00 - 1:00	Pickleball	Outdoor courts, open play
9:00 - 1:00	Pickleball	Open Play; Advanced, gymnasium
6:30 - 9:30	Badminton	Gymnasium
SATURDAY		
9:00 - 4:00	Pickleball or Tennis	Outdoor courts available by reservation*
12:00 - 4:00	Pickleball	Gymnasium
SUNDAY		
12:00 - 4:00	Pickleball or Tennis	Outdoor courts available by reservation*
12:00 - 4:00	Badminton	Gymnasium