

<b>Group Exercise</b>			
For links to Zoom or Hybrid classes, please <a href="#">click here</a> or visit our website			
Time	Class Name	Instructor	Location
<b>MONDAY</b>			
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
1:00 - 2:00	Core Strength	Shree	Group Fitness Studio

<b>TUESDAY</b>			
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
1:00 - 2:00	Pilates	Wendy R.	Zoom
1:00 - 2:00	Senior Strtch & Strength	Garrett	Group Fitness Studio

<b>WEDNESDAY</b>			
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
1:00 - 2:00	Stretch and Restore	Shree	Dance Studio

<b>THURSDAY</b>			
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
11:00 - 12:00	Boutelle	Mary & Tracey	Zoom

<b>FRIDAY</b>			
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

<b>SATURDAY</b>			
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

<b>SUNDAY</b>			
9:00 - 10:00	Kettlebell	Sue	Group Fitness Studio/Hybrid

<b>Aquatics</b>		
All Aquatics classes take place in the Nick Cavaturo Pool		
Time	Class Name	Instructor
<b>MONDAY</b>		
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	

<b>TUESDAY</b>		
7:15 - 3:00	Lap Swim	
8:30 - 9:30	Night Swim	

<b>WEDNESDAY</b>		
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	

<b>THURSDAY</b>		
7:15 - 3:00	Lap Swim	
1:15 - 2:00	Aqua Fit	Wendy R.
8:30 - 9:30	Night Swim	

<b>FRIDAY</b>		
5:30 - 7:00	Masters Swim	
7:15 - 3:00	Lap Swim	
7:00 - 9:00	Night Swim	

<b>SATURDAY</b>		
12:30 - 4:30	Lap Swim	
3:15 - 4:00	Lap & Family Swim	

<b>SUNDAY</b>		
8:00 - 4:30	Lap & Family Swim	

<b>Racquet Sports</b>		
All Racquet Sports take place in the Constance Burke Gymnasium or outdoor tennis courts		
Time	Class Name	Levels and Format
<b>MONDAY</b>		
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

<b>TUESDAY</b>		
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

<b>WEDNESDAY</b>		
6:30 - 9:30	Badminton	Gymnasium

<b>THURSDAY</b>		
9:00 - 12:30	Pickleball	Outdoor courts, open play
9:00 - 12:30	Pickleball	Open Play; Advanced, gymnasium

<b>FRIDAY</b>		
9:00 - 1:00	Pickleball	Outdoor courts, open play
9:00 - 1:00	Pickleball	Open Play; Advanced, gymnasium
6:30 - 9:30	Badminton	Gymnasium

<b>SATURDAY</b>		
9:00 - 4:00	Pickleball or Tennis	Outdoor courts available by reservation*
12:00 - 4:00	Pickleball	Gymnasium
12:00 - 4:00	Badminton	Gymnasium, 2 courts

<b>SUNDAY</b>		
12:00 - 4:00	Pickleball or Tennis	Outdoor courts available by reservation*
12:00 - 4:00	Badminton	Gymnasium, 2 courts
12:00 - 4:00	Pickleball	Gymnasium, 2 courts