

## Group Exercise

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

Time	Class Name	Instructor	Location
<b>MONDAY</b>			
8:00 - 9:00	Fundamental Strength	Sue	Zoom
9:00 - 9:45	Balance & Strength	Wendy R.	Dance Studio/Hybrid
9:15 - 10:15	Spin	Caroline G.	Spin Studio
9:30 - 10:30	Yoga for Beginners	BK	Art Gallery
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 Stretch & Strength	Garrett	Group Fitness Studio
<b>WEDNESDAY</b>			
8:00 - 9:00	Kettlebell	Sue	Group Fitness Studio/Hybrid
8:15 - 9:00	Weight and Core	Wendy R.	Dance Studio/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	BK	Art Gallery
10:00 - 11:30	Adult Ballet	Cynthia	Dance Studio
1:00 - 2:00	Stretch and Restore	Shree	Dance Studio
<b>THURSDAY</b>			
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
8:15 - 9:15	TABATA	Sue	Zoom
<b>SUNDAY</b>			
8:15 - 9:15	Kettlebell	Sue	Group Fitness Studio/Hybrid

## Aquatics

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 - 1:30	Lap Swim	
3:15 - 4:00	Lap & Family Swim	
<b>SUNDAY</b>		
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
<b>MONDAY</b>		
9:00 - 12:00	Pickleball	Indoor & Outdoor courts; all levels. Open play
6:30 - 9:30 PM	Badminton	Gymnasium
<b>TUESDAY</b>		
9:00 - 11:30 AM	Pickleball	Indoor courts; all levels, open play
9:00 - 12:00	Pickleball	Outdoor courts; all levels, open play
<b>WEDNESDAY</b>		
9:00 - 11:30 AM	Pickleball	Outdoor courts; all levels, open play
6:30 - 9:30 PM	Badminton	Gymnasium
<b>THURSDAY</b>		
9:00 - 12:00	Pickleball	Outdoor courts & Gymnasium; all levels, open play
<b>FRIDAY</b>		
9:00 - 12:00	Pickleball	Outdoor courts & Gymnasium; all levels, open play
6:30 - 9:30 PM	Badminton	Gymnasium
<b>SATURDAY</b>		
9:00 - 3:30 PM	Pickleball / Tennis	Outdoor courts; all levels, open play
9:00 - 12:00 PM	Pickleball	Indoor courts; all levels, open play
<b>SUNDAY</b>		
12:00 - 3:00 PM	Pickleball / Tennis	Outdoor courts; all levels, open play
9:00 - 12:00 PM	Badminton	Indoor courts; open play