

Group Fitness Classes March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3:00 Gentle Flow Yoga (MB) <u>Billie</u>	2 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Billie</u> 9:30 Arms&Core(CS) <u>Jess</u> 9:45 Tai Chi Y24 (MB) <u>LR</u> 10:30 Tai Chi S73(MB) <u>LR</u> 11:30 Chair Yoga(MB) <u>MA</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Jenn</u>	3 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Iris</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> 6:30 MixedFit(CS) <u>Abby</u>	4 5:45 BCamp(CS) <u>Lisa</u> 8:30 FitForLife(BB) <u>No Class</u> 8:30 Zumba(CS) <u>Lilyann</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	5 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Muscle Max(CS) <u>ER</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 9:30 MixedFit(CS) <u>Abby</u> 11:00 Senior Fit (CS) <u>Jess</u> 11:15 PACE(MB) <u>Sheree</u> 5:00 Lift & Pump(CS) <u>Tim</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Lilyann</u>	6 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>No Class</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 11:30 Chair Yoga(MB) <u>MA</u>	7 8:30 Cycling(CY) <u>Jenn</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u>
8 3:00 Gentle Flow Yoga (MB) <u>Dawn</u>	9 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>MA</u> 9:30 Arms&Core(CS) <u>ER</u> 9:45 Tai Chi Y24 (MB) <u>LR</u> 10:30 Tai Chi S73(MB) <u>LR</u> 11:30 Chair Yoga(MB) <u>MA</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Jenn</u>	10 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Iris</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> 6:30 MixedFit(CS) <u>Abby</u>	11 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Lilyann</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	12 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Muscle Max(CS) <u>ER</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 9:30 MixedFit(CS) <u>Abby</u> 11:00 Senior Fit (CS) <u>Jess</u> 11:15 PACE(MB) <u>Mason</u> 5:00 Lift & Pump(CS) <u>Tim</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Lilyann</u>	13 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 11:30 Chair Yoga(MB) <u>MA</u>	14 8:30 Cycling(CY) <u>Sarabeth</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u>
15 3:00 Gentle Flow Yoga (MB) <u>Billie</u>	16 5:45 Tabata(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Mason</u> 9:30 Arms&Core(CS) <u>Jess</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 11:30 Chair Yoga(MB) <u>MA</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Jenn</u>	17 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Iris</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> 6:30 MixedFit(CS) <u>Abby</u>	18 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Lilyann</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u>	19 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Muscle Max(CS) <u>ER</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 9:30 MixedFit(CS) <u>Abby</u> 11:00 Senior Fit (CS) <u>Jess</u> 11:15 PACE(MB) <u>Mason</u> 5:00 Lift & Pump(CS) <u>Tim</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Lilyann</u>	20 8:00 Step (CS) <u>No Class</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 11:30 Chair Yoga(MB) <u>MA</u>	21 8:30 Cycling(CY) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Dawn</u>
22 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	23 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>MA</u> 9:30 Arms&Core(CS) <u>Jess</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 11:30 Chair Yoga(MB) <u>MA</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Jenn</u>	24 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Iris</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>No Class</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> 6:30 MixedFit(CS) <u>No Class</u>	25 5:45 BCamp(CS) <u>Lisa</u> 8:30 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Lilyann</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:30 Strength(CS) <u>Jess</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 6:00 Cycling(CY) <u>Jenn</u> 6:00 Gentle Flow(MB) <u>MA</u> *See note below*	26 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 Muscle Max(CS) <u>ER</u> 8:30 Gentle Flow Yoga(MB) <u>Tim</u> 9:30 MixedFit(CS) <u>No Class</u> 11:00 Senior Fit (CS) <u>Jess</u> 11:15 PACE(MB) <u>Sheree</u> 5:00 Lift & Pump(CS) <u>Tim</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Lilyann</u>	27 8:00 Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>TBD</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 11:30 Chair Yoga(MB) <u>MA</u>	28 8:30 Cycling(CY) <u>Iris</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u>
29 3:00 Gentle Flow Yoga (MB) <u>Dawn</u>	30 5:45 Tabata(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Lilyann</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Billie</u> 9:30 Arms&Core(CS) <u>No Class</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 11:30 Chair Yoga(MB) <u>MA</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Lia</u> 6:00 Cycle(CY) <u>Jenn</u>	31 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 Bums&Tums(BB) <u>Iris</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>TBD</u> 11:15 PACE(MB) <u>Peggy</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u> 6:30 MixedFit(CS) <u>Abby</u>	<p style="text-align: center;">*Join Jess Wiley on March 25th at 12noon for a special class: Strong Foundations Lower Body Lift Workshop* Free for our Y members!! More info to follow</p>			<p>Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court RB=Racquetball Court CY=Cycling Studio</p>

MARCH 2026 AQUATICS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-6:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	5:30AM-8:45PM LAP SWIM	7:00am-6:45pm LAP SWIM
	9:00-9:55am AquaFit Peggy	9:00-9:55am Aqua Yoga Karen	9:00-9:55am AquaFit Peggy	9:00-9:55am Aqua Yoga Karen	9:00-9:55am Splashburner Karen	9:00-1:00pm Swim Lessons
	10:00-10:55am AquaFit Peggy	10:00-10:55am Splashburner Karen	10:00-10:55am AquaFit Peggy	10:00-10:55am Splashburner Karen	10:00-10:55am AquaFit Karen	
		11:00-11:55am Aqua Yoga Karen	11:15am-12:00 Gentle AquaFit (Resumes in April)	11:00-11:55am Aqua Yoga Karen	11:15am-12:00 Gentle AquaFit (Resumes in April)	1:00-6:45pm Family Swim
1:00-6:45pm Family Swim						
	12:00am-5:55pm Family Swim	12:00-4:15pm Family Swim	12:00-5:55pm Family Swim	12:00-4:15pm Family Swim	12:00-5:55pm Family Swim	
	3:30-4:30pm Afterschool Swimming	4:30-7:00pm Swim Lessons	3:30-4:30pm Afterschool Swimming	4:30-7:00pm Swim Lessons	3:30-4:30pm Afterschool Swimming	
	6:05-7:00pm Splashburner Karen		6:05-7:00 Splashburner Karen		6:05-7:00 Splashburner Jenn	
	7:10-8:45pm Family Swim	7:10-8:45pm Family Swim	7:10-8:45pm Family Swim	7:10-8:45pm Family Swim	7:10-8:45pm Family Swim	
Private Swim Lessons may be scheduled during any operational hours						
We are currently hiring for Lifeguards and Swim Instructors						
**If interested please email Beth Valentine your resume at saymcabeth@gmail.com **						

Please, be aware that this schedule has
been updated as of March 5.

Playroom Schedule March 2026

For Ages 2 Months To 11 Years

Sunday	CLOSED
Monday	8:30 AM – 12:30 PM * 4:30 PM – 7:30 PM CLOSED 8:30 – 12:30 ON 3/16*
Tuesday	8:30 AM – 12:30 PM * 4:30 PM – 7:30 PM
Wednesday	8:30 AM – 12:30 PM * 4:30 PM – 7:30 PM
Thursday	8:30 AM – 12:30 PM * 4:30 PM – 7:30 PM
Friday	8:30 AM – 12:30 PM
Saturday	8:30 AM – 12:30 PM

For Youth Development Nurturing The Potential Of Every Child



March Gym Schedule

(ALL programs must start and end on time)

***Subject to change anytime*

Do not set up earlier than 15 mins. of scheduled time

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:30a-8:15a <u>Adult Bball</u> (Fitness Side)</p> <p>8:30a-9:30a <u>Fit 4 Life</u> (Fitness Side)</p> <p>9:45a-1:00p <u>Pickleball</u> (Fitness Side)</p> <p>11:00a-12:30p <u>Homeschool P.E.</u> (Teen Side)</p> <p>3:30p-7:00p <u>Teen Afterschool</u> (Teen Side)</p>	<p>8:30-9:30a <u>Bums & Tums</u> (Fitness Side)</p> <p>9:45a-1:00p <u>Pickleball</u> (Both Sides)</p> <p>3:30p-7:00p <u>Teen Afterschool</u> (Teen Side)</p>	<p>8:30a-9:30a <u>Fit 4 Life</u> (Fitness Side)</p> <p>9:45a-1:00p <u>Pickleball</u> (Fitness Side)</p> <p>10:00a-11:30a <u>Homeschool P.E.</u> (Teen Side)</p> <p>3:30p-7:00p <u>Teen Afterschool</u> (Teen Side)</p>	<p>9:45a-1:00p <u>Pickleball</u> (Both Sides)</p> <p>3:30p-7:00p <u>Teen Afterschool</u> (Teen Side)</p>	<p>5:30a-8:15a <u>Adult Bball</u> (Fitness Side)</p> <p>8:30a-9:30a <u>Fit 4 Life</u> (Fitness Side)</p> <p>9:45a-1:00p <u>Pickleball</u> (Fitness Side)</p> <p>10:00- 11:30p <u>Homeschool P.E.</u> (Teen Side)</p> <p>3:30p-7:00p <u>Teen Afterschool</u> (Teen Side)</p>	<p>7:00a-6:45p <u>Family Gym</u> (Both)</p>	<p>1:00p-4:30p <u>Family Gym</u> (Both)</p> <p>4:45p-6:45pm <u>Pickleball</u> (Fitness Side)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>TS= Teen Side (Left) FS= Fitness Side (Right) BOTH= (Both Courts)</p> </div>

IMPORTANT NOTES:

March 3rd: School Out (Pickleball Fitness Side Only)

March 30th – April 6th: Spring Break (Pickleball Fitness Side Only)