

CLASSES/PROGRAMS 2026 Fall/Holiday (9/8-12/31)

All classes/programs are FREE to Y members, except Tai Chi & Karate. Some classes offer a monthly calendar for your convenience.

DAY	CLASS ORGANIZED SWIM TIME IN BOLD	TIME	INSTRUCTOR	PLACE
MON	Full Body Circuit	5:30-6:30 am	Clark	Multi-Purpose
	Strength Training & Functional Fitness	8:00-9:00 am	Shields	Multi-Purpose
	Tai Chi	9:15-9:45 am	Allen	Multi-Purpose
	H2Oh!	8:30-9:30 am		Pool
	Zumba ® Fitness: Original	5:30-6:30 pm	Wolf-Stom	Multi-Purpose
TUE	Body (Lower) Lifting	5:30-6:30 am	Clark	Multi-Purpose
	Oh Buoy!	8:30-9:30 am		Pool
	Silver Sneakers®	10:00-10:45 am	Ogershok/Bearfield	Multi-Purpose
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	Multi-Purpose
	Splash That Lasts	6:00-7:00 [m	Dennison	Pool
	Zumba Step	6:15-7:00 pm	Wolf-Stom	Multi-Purpose
WED	Full Body Circuit	5:30-6:30 am	Clark	Multi-Purpose
	Strength Training & Functional Fitness	8:00-9:00 am	Shields	Multi-Purpose
	H2Oh!	8:30-9:30 am		Pool
	Zumba® Fitness: Toning & AB Mat Work	5:30-6:30 pm	Wolf-Stom	Multi-Purpose
	Karate	6:45-8:00 pm	Antonuccio/Panebianco	Multi-Purpose
THU	Body (Upper) Lifting	5:30-6:30 am	Clark	Multi-Purpose
	Oh Buoy!	8:30-9:30 am		Pool
	Silver Sneakers®	10:00-10:45 am	Ogershok/Bearfield	Multi-Purpose
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	Multi-Purpose
	Splash That Lasts	6:00-7:00 pm	Dennison	Pool
	Karate	6:00-7:30 pm	Antonuccio/Panebianco	Multi-Purpose
FRI	Cycling Boot Camp	5:30-6:30 am	Clark	Multi-Purpose
	Pound ®	6:15-7:00 am	Norris	Multi-Purpose
	Strength Training & Functional Fitness	8:00-9:00 am	Shields	Multi-Purpose
	H2Oh!	8:30-9:30 am		Pool
SAT	Zumba® Fitness: Toning & AB Mat Work	7:15-8:00 am	Wolf-Stom	Multi-Purpose
	CYCLING CLASSES 45 min	(Days/Times & instructor schedules	subject to change)	Cycle Room
MON TUE		5:30 pm	MEMBERS: PLEASE SIGN UP FOR CLASSES EACH 12-WEEK SESSION, EVEN THOUGH CLASSES ARE FREE	
TUE THU		9:00 am		
SAT		8:00 am		