CLASSES/PROGRAMS 2026 Spring (3/22-6/13)

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
	Awake & Work Out	4:30-5:10 pm	Duttry	Multi-Purpose
	Zumba ® Fitness: Original	5:30-6:30 pm	Wolf-Stom	Multi-Purpose
TUE	Wake & Work Out	5:30-6:30 am	Duttry	Multi-Purpose
	Oh Buoy!	8:30-9:30 am		Pool
	Silver Sneakers®	10:00-10:45 am	Ogershok/Bearfield	Multi-Purpose
	Body Fitne*SSS*	5:00-6:00 pm	McKolosky	Multi-Purpose
	Splash That Lasts (until May 12)	6:00-7:00 pm		Pool
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
	Awake & Work Out	4:30-5:10 pm	Duttry	Multi-Purpose
	Zumba® Fitness: Toning & AB Mat Work	5:30-6:30 pm	Wolf-Stom	Multi-Purpose
THU	Wake & Work Out	5:30-6:30 am	Duttry	Multi-Purpose
	Oh Buoy!	8:30-9:30 am		Pool
	Silver Sneakers®	10:00-10:45 am	Ogershok/Bearfield	Multi-Purpose
	Body Fitne*SSS*	5:00-6:00 pm	McKolosky	Multi-Purpose
	Karate (check with instructor for Mon summer schedule)	6:00-7:30 pm	Antonuccio/Panebianco	Multi-Purpose
	Splash That Lasts (until May 14)	6:00-7:00 pm		Pool
FRI	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
	Awake & Work Out	4:30-5:10 pm	Duttry	Multi-Purpose
SAT	Zumba® Fitness: Toning & AB Mat Work	7:15-8:00 am	Wolf-Stom	Multi-Purpose
	Wake & Work Out	9:15-10:15 am	Duttry	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
TUE THU		9:00 am	EACH 12-WEEK SESSION,	EVEN THOUGH
SAT		8:00 am	CLASSES ARE FREE	