



IN PERSON CLASSES SCHEDULE

Greater Portland Branch – AUGUST

No classes Monday August 31 – Annual Facility Maintenance Closure (Aug. 31–Sept. 7)

PRIME TIME HOURS:

Tuesday – Thursday 4:00pm – 7:00pm

Saturdays 8:30am – 11:30am

PLEASE NOTE: the Portland Branch will be closed
Sundays during the summer.

DATE: AUGUST 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BE STRONG with Mike 6:10–7:15am (Osher Room)			PURE POWER HIIT with Mike 6:10–7:15am (Osher Room)			
6:15am							
6:30am							
6:45am		DUAL DEPTH AEROBICS with Hattie 6:45–7:30am (Malcolm Pool)		AQUA ZUMBA with Hattie 6:45–7:30am (Malcolm Pool)			
7:00AM							
7:15am							
7:30am							
7:45am							
8:00AM	ATHLETIC BOOTCAMP with Michael 8:00–9:00am (Osher Room)	PILATES FLOW with Michael 8:00–9:00am (Studio A)	ATHLETIC BOOTCAMP with Michael 8:00–9:00am (Osher Room)	PILATES FLOW with Michael 8:00–9:00am (Studio A)	ATHLETIC BOOTCAMP with Michael 8:00–9:00am (Osher Room)	OPEN COURT BASKETBALL 8:00–10:00am (Gym)	MASTER FOR MORTALS with Joanne 8:00–9:00am (Malcolm Pool)
8:15am						PILATES SCULPT with Alexandra 8:15–9:30am (Studio A)	
8:30am							
8:45am							

9:00AM		ADAPTIVE MOVEMENT with Michael 9:00-9:30am (Osher Room)			STRENGTH & BALANCE with Michael 9:00-9:45am (Osher Room)		
9:15am			AQUAFIT INTERVALS with Melissa 9:15-10:00am (Malcolm Pool)				
9:30am		STRENGTH & BALANCE with Michael 9:30-10:15am (Osher Room)					
9:45am							
10:00AM	PICKLEBALL 10:00-11:30am (Gymnasium)		PICKLEBALL - Open Play & Skill Development 10:00-11:30am (Gymnasium)	PICKLEBALL 10:00-11:30am (Gymnasium)		PICKLEBALL 10:00am-12:00pm (Gymnasium)	
10:15am							
10:30am							
10:45am							
11:00am							
11:15am							
11:30am	OPEN COURT BASKETBALL 11:30am-1:30pm (Gymnasium)	OPEN COURT BASKETBALL 11:30am-1:30pm (Gymnasium)	OPEN COURT BASKETBALL 11:30am-1:30pm (Gymnasium)	OPEN COURT BASKETBALL 11:30am-1:30pm (Gymnasium)	OPEN COURT BASKETBALL 11:30am-1:30pm (Gymnasium)		
11:45am							

12:00pm						OPEN COURT BASKETBALL 12:00-2:00pm (Gymnasium)		
12:15pm								
12:30pm								
12:45pm								
1:00pm								
1:15pm								
1:30pm								
1:45pm								
2:00pm						BADMINTON 2:00-3:45pm (Gymnasium)		
2:15pm								
2:30pm								
2:45pm								
3:00pm	FAMILY BASKETBALL 3:00-5:30pm (Gymnasium)	FAMILY BASKETBALL 3:00-5:30pm (Gymnasium)			1/2 COURT VOLLEYBALL 3:00-5:30pm (Gymnasium)	1/2 COURT FAMILY BASKETBALL 3:00-5:30pm (Gymnasium)		
3:15pm								
3:30pm								
3:45pm								
4:00pm	BOXING WITH CARLOS (Lingala, Portuguese, French) 4:00-5:00pm (Osher Room)		BOXING WITH CARLOS (Lingala, Portuguese, French) 4:00-5:00pm (Osher Room)	BADMINTON 4:00-7:30pm (Gymnasium)				
4:15pm								
4:30pm								
4:45pm								

