



IN PERSON CLASSES SCHEDULE

Casco Bay Branch - February 2026

PRIME TIME HOURS:
Monday – Saturday 8:30am -11:30am

DATE: FEBRUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	GROUP CYCLE with Connie 6:10-7:00am	FIT CIRCUIT with Therese 6:10-7:00am	GROUP CYCLE with Connie 6:10-7:00am	CARDIO & STRENGTH INTERVAL with Amy 6:10-7:00am			
6:15am							
6:30am							
7:00AM							
7:15am							
7:30am							
7:45am							
8:00AM							
8:15am							
8:30am	STEP & SCULPT with Eileen 8:30-9:25am	ZUMBA with Keri 8:30-9:25am	CARDIO & STRENGTH INTERVAL with Eileen 8:30-9:25am		ZUMBA with Shari 8:30-9:25am	CARDIO & STRENGTH INTERVAL with Eileen 8:30-9:25am	
8:45am				LIFT with Maria 8:45-9:25am			
9:00AM	AQUA AEROBICS with Marianne 9:00-10:00am (Large Pool)	AQUA AEROBICS With Marianne 9:00-10:00am (Large Pool)	AQUA AEROBICS with Marianne 9:00-10:00am (Large Pool)	AQUA AEROBICS with Cathy 9:00-10:00am (Large Pool)			
9:15am							
9:30am	GROUP CYCLE with Kristin 9:30- 10:20am	ZUMBA with Barbara M. 9:35- 10:25am	LIFT with Rebecca 9:30-10:25pm	ZUMBA with Barbara M. 9:35-10:25am	GROUP CYCLE with Rebecca 9:35- 10:25am	TOTAL BARRE with Tanya 9:35- 10:30am	LOW KEY QI GONG/TAI CHI with Karen 9:30-10:30am
							ZUMBA with Keri 9:35-10:30am
							TOTAL BARRE with Tanya 9:30-10:25am

9:45am							
10:00AM	AQUA ARTHRITIS 10:00-10:45am (Small Pool)	AQUA ARTHRITIS 10:00-10:45am (Small Pool)	AQUA ARTHRITIS 10:00-10:45am (Small Pool)	AQUA ARTHRITIS 10:00-10:45am (Small Pool)	AQUA ARTHRITIS 10:00-10:45am (Small Pool)	AQUA AEROBICS with Cathy 10:00-11:00am (Large Pool)	
10:15am							
10:30am	IYENGAR YOGA with Kristina 10:35-11:45am	LOW KEY QI GONG/TAI CHI with Karen 10:30-11:30am	IYENGAR YOGA with Kristina 10:35-11:45am	ZUMBA GOLD with Barbara J. 10:35-11:30am	ZUMBA GOLD with Barbara J. 10:35-11:35am		
10:45am							VALENTINE'S ZUMBA GOLD with Shari and Nikky 10:45am (February 15 ONLY)
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm	ADAPTIVE MOVEMENT GROUP with Wendy 12:00-1:00pm		ADAPTIVE MOVEMENT GROUP with Wendy 12:00-1:00pm				
12:15pm							
12:30pm							
12:45pm							
1:00pm							
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2:30pm							
2:45pm							

3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm		ZUMBA & LIFT with Jen 4:00-4:55pm					
4:15pm							
4:30pm	DANCE FITNESS with Tyler 4:30-5:25pm			DANCE FITNESS with Tyler 4:30-5:25pm			
4:45pm							
5:00pm		AQUA AEROBICS with Cathy 5:00-6:00pm (Large Pool)	KRIPALU YOGA with Molly 5:00-6:15pm		AQUA AEROBICS with Marianne 5:00-6:00pm (Large Pool)		
5:15pm							
5:30pm	LIFT with Maria 5:35-6:25pm			LIFT with Nikky 5:35-6:25pm			
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm							