



IN PERSON CLASSES SCHEDULE

Casco Bay Branch - JULY

No classes Friday, July 3 & Saturday, July 4 (4th of July observed)

PRIME TIME HOURS:

Monday – Saturday 8:30am –11:30am

DATE: JULY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM			GROUP CYCLE with Amy 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					WATER TAI CHI With Karen 8:00-8:45am (Small Pool)		
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	LIFT with Maria 8:30-9:25am	ZUMBA with Shari 8:30-9:25am	CARDIO & STRENGTH INTERVAL with Eileen 8:30-9:25am	
8:45am							
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							

2:00pm							
2:15pm							
2:30pm							
2:45pm							
3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm							
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)		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		FRIDAY'S FINISH STRONG 7/10: Barre & Lift with Tanya 7/17: Lift & Tone with Nikky 7/24: Pilates & Stretch with Maria 7/31: Lift & Tone with Nikky 5:30-6:15pm		
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm							