



# IN PERSON CLASSES SCHEDULE

## Casco Bay Branch – June 2026

No classes Friday, June 19 (Juneteenth)

PRIME TIME HOURS:

Monday – Saturday 8:30am – 11:30am

DATE: JUNE 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		<b>FIT CIRCUIT</b> with Therese 6:10-7:00am	<b>GROUP CYCLE</b> with Amy 6:10-7:00am	<b>CARDIO &amp; STRENGTH INTERVAL</b> with Amy 6:10-7:00am			
6:15am							
6:30am							
7:00AM							
7:15am							
7:30am							
7:45am							
8:00AM					<b>WATER TAI CHI</b> With Karen 8:00-8:45am (Small Pool)		
8:15am							
8:30am	<b>STEP &amp; SCULPT</b> with Eileen 8:30-9:25am	<b>ZUMBA</b> with Keri 8:30-9:25am	<b>CARDIO &amp; STRENGTH INTERVAL</b> with Eileen 8:30-9:25am	<b>LIFT</b> with Maria 8:30-9:25am	<b>ZUMBA</b> with Shari 8:30-9:25am	<b>CARDIO &amp; STRENGTH INTERVAL</b> with Eileen 8:30-9:25am	
8:45am							
9:00AM	<b>AQUA AEROBICS</b> with Marianne 9:00-10:00am (Large Pool)	<b>AQUA AEROBICS</b> With Marianne 9:00-10:00am (Large Pool)	<b>AQUA AEROBICS</b> with Marianne 9:00-10:00am (Large Pool)	<b>AQUA AEROBICS</b> 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	<b>DANCE FITNESS</b> with Tyler 4:30-5:25pm		<b>DANCE FITNESS</b> with Tyler 4:30-5:25pm				
4:45pm							
5:00pm		<b>AQUA AEROBICS</b> with Cathy 5:00-6:00pm (Large Pool)	<b>KRIPALU YOGA</b> with Molly 5:05-6:20pm		<b>AQUA AEROBICS</b> with Marianne 5:00-6:00pm (Large Pool)		
5:15pm							
5:30pm	<b>LIFT</b> with Maria 5:35-6:25pm		<b>LIFT</b> with Nikky 5:35-6:25pm		<b>LIFT &amp; TONE</b> With Nikky 5:30-6:15pm		
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm							