



# IN PERSON CLASSES SCHEDULE

## Casco Bay Branch - March 2026

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

**DATE: MARCH 2026**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00AM	<b>GROUP CYCLE</b> with Connie 6:10-7:00am	<b>FIT CIRCUIT</b> with Therese 6:10-7:00am	<b>GROUP CYCLE</b> with Connie 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									
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>ZUMBA</b> with Shari 8:30-9:25am	<b>CARDIO &amp; STRENGTH INTERVAL</b> with Eileen 8:30-9:25am			
8:45am				<b>LIFT</b> with Maria 8:45-9:25am					
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									
9:30am	<b>GROUP CYCLE</b> with Kristin 9:30-10:20am	<b>ZUMBA</b> with Barbara M. 9:35-10:25am	<b>LIFT</b> with Rebecca 9:30-10:25pm	<b>ZUMBA</b> with Barbara M. 9:35-10:25am	<b>GROUP CYCLE</b> with Rebecca 9:35-10:25am	<b>TOTAL BARRE</b> with Tanya 9:35-10:30am	<b>LOW KEY QI GONG/TAI CHI</b> with Karen 9:30-10:30am	<b>ZUMBA</b> with Keri 9:35-10:30am	<b>TOTAL BARRE</b> with Tanya 9:30-10:25am

9:45am							
10:00AM	<b>AQUA ARTHRITIS</b> 10:00-10:45am (Small Pool)	<b>AQUA ARTHRITIS</b> 10:00-10:45am (Small Pool)	<b>AQUA ARTHRITIS</b> 10:00-10:45am (Small Pool)	<b>AQUA ARTHRITIS</b> 10:00-10:45am (Small Pool)	<b>AQUA ARTHRITIS</b> 10:00-10:45am (Small Pool)	<b>AQUA AEROBICS</b> with Cathy 10:00-11:00am (Large Pool)	
10:15am							
10:30am	<b>IYENGAR YOGA</b> with Kristina 10:35-11:45am	<b>LOW KEY QI GONG/TAI CHI</b> with Karen 10:30-11:30am	<b>IYENGAR YOGA</b> with Kristina 10:35-11:45am <b>(No Class on 3/4)</b>	<b>ZUMBA GOLD</b> with Barbara J. 10:35-11:30am	<b>ZUMBA GOLD</b> with Barbara J. 10:35-11:30am		
10:45am							<b>SPECIAL ROTATING ZUMBA CLASS</b> with Rotating Instructors (including St Patrick's themed music on 3/8 and 3/15) 10:45am
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm	<b>ADAPTIVE MOVEMENT GROUP</b> with Wendy 12:00-1:00pm		<b>ADAPTIVE MOVEMENT GROUP</b> with Wendy 12:00-1:00pm				
12:15pm							
12:30pm							
12:45pm							
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3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm		<b>ZUMBA &amp; LIFT</b> with Jen 4:00-4:55pm					
4:15pm							
4:30pm	<b>DANCE FITNESS</b> with Tyler 4:30-5:25pm			<b>DANCE FITNESS</b> with Tyler 4:30-5:25pm	<b>STEP</b> with Meira 4:30-5:15pm		
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 (No Class on 3/3)		<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 (No Class 3/4)	<b>LIFT</b> with Nikky 5:35-6:25pm (Thursday 3/5 Only)		
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm							