



# IN PERSON CLASSES SCHEDULE

## Casco Bay Branch - May 2026

**PRIME TIME HOURS:**

Monday – Saturday 8:30am – 11:30am

(No classes Monday May 25 in observance of Memorial Day)

**DATE: MAY 2026**

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