IN PERSON CLASSES SCHEDULE

Casco Bay Branch – NOVEMBER

(NO CLASSES: November 25, Closing at 12:00pm; November 26 & 27, Closed – Thanksgiving)

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

DATE: NOVEMBER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	**GROUP CYCLE** with Connie 6:10-7:00am	**CARDIO & STRENGTH INTERVAL** with Amy 6:10-7:00am	**GROUP CYCLE** with Ray 6:10-7:00am	**CARDIO & STRENGTH INTERVAL** with Amy 6:10-7:00am	**FIT CIRCUIT** with Therese 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							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 ALL LEVELS** with Kristina 10:35-11:50am	**LOW KEY QI GONG/TAI CHI** with Karen 10:30-11:30am	**IYENGAR YOGA ALL LEVELS** with Kristina 10:35-11:50am	**ZUMBA GOLD** with Barbara J. 10:35-11:30am	**ZUMBA GOLD** with Barbara J. 10:35-11:30am		
10:45am							**ZUMBA GOLD with Rotating Instructors** **11/1: No Class** **11/8:** Barbara M. **11/15:** Shari **11/22:** Nikky **11/29:** Barbara J. 10:40-11:35am
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		**POP-UP BONUS TOTAL BARRE** with Tanya 12:00-1:00pm **(11/20 ONLY)**		
12:15pm							
12:30pm							
12:45pm							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00pm							
1:15pm							
1:30pm							
1:45pm							
2:00pm							
2:15pm							
2:30pm						**POP-UP BONUS TOTAL BARRE** with Tanya 2:30-3:30pm **(11/7 & 11/14 ONLY)**	
2:45pm							
3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm							
4:15pm							
4:30pm			**DANCE FITNESS** with Jennifer 4:30-5:25pm				
4:45pm							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00pm		**AQUA AEROBICS** with Cathy 5:00-6:00pm (Large Pool)		**AQUA AEROBICS** with Marianne 5:00-6:00pm (Large Pool)			
5:15pm		**KRIPALU YOGA** with Molly 5:15-6:30pm					
5:30pm	**LIFT** with Maria 5:35-6:25pm		**LIFT** with Nikky 5:35-6:25pm		**FRIDAY'S FINISH STRONG** **11/6:** Power Pilates with Maria **11/13:** Lift & Tone with Nikky **11/20:** Power Pilates with Maria **11/27:** (Closed, no classes) **5:30-6:15pm**		
5:45pm				**GROUP CYCLE** with Ray 5:45-6:35pm **(NO CLASS 11/5)**			
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm							