



IN PERSON CLASSES SCHEDULE

Casco Bay Branch – OCTOBER

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

DATE: OCTOBER 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 NO CLASS 10/15	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 10/4: Barbara J. 10/11: Barbara M. 10/18: Nikky 10/25: Shari & Nikky Halloween Special! 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					
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							
2:45pm							
3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm							
4:15pm							
4:30pm	DANCE FITNESS with Nikky 4:30-5:25pm		DANCE FITNESS with Jennifer 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		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 10/2: Power Pilates with Maria 10/9: Power Pilates with Maria 10/16: Lift & Tone with Nikky 10/23: Power Pilates with Maria 10/30: Lift & Tone with Nikky 5:30-6:15pm		
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm							