



# IN PERSON CLASSES SCHEDULE

## Greater Portland Branch – SEPTEMBER

NO CLASSES during the Annual Facility Maintenance Closure (August 31–September 7)

PRIME TIME HOURS:  
Tuesday – Thursday 4:00pm – 7:00pm  
Saturdays 8:30am – 11:30am

| DATE: SEPTEMBER 2026 |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |
|----------------------|------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|--------|
| TIME                 | MONDAY                                                           | TUESDAY                                                             | WEDNESDAY                                                        | THURSDAY                                                    | FRIDAY                                                           | SATURDAY                                                      | SUNDAY |
| 6:00AM               | BE STRONG<br>with Mike<br>6:10–7:15am<br>(Osher Room)            |                                                                     |                                                                  | PURE POWER HIIT<br>with Mike<br>6:10–7:15am<br>(Osher Room) |                                                                  |                                                               |        |
| 6:15am               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |
| 6:30am               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |
| 6:45am               |                                                                  | DUAL DEPTH AEROBICS<br>with Hattie<br>6:45–7:30am<br>(Malcolm Pool) |                                                                  | AQUA ZUMBA<br>with Hattie<br>6:45–7:30am<br>(Malcolm Pool)  |                                                                  |                                                               |        |
| 7:00AM               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |
| 7:15am               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |
| 7:30am               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |
| 7:45am               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |
| 8:00AM               | ATHLETIC BOOTCAMP<br>with Michael<br>8:00–9:00am<br>(Osher Room) | PILATES FLOW<br>with Michael<br>8:00–9:00am<br>(Studio A)           | ATHLETIC BOOTCAMP<br>with Michael<br>8:00–9:00am<br>(Osher Room) | PILATES FLOW<br>with Michael<br>8:00–9:00am<br>(Studio A)   | ATHLETIC BOOTCAMP<br>with Michael<br>8:00–9:00am<br>(Osher Room) | OPEN COURT BASKETBALL<br>8:00–10:00am<br>(Gymnasium)          |        |
| 8:15am               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  | PILATES SCULPT<br>with Alexandra<br>8:15–9:30am<br>(Studio A) |        |
| 8:30am               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |
| 8:45am               |                                                                  |                                                                     |                                                                  |                                                             |                                                                  |                                                               |        |

|         |                                                           |                                                                       |                                                                                  |                                                           |                                                                   |                                              |                                                                   |
|---------|-----------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------|
| 9:00AM  |                                                           | ADAPTIVE<br>MOVEMENT<br>with Michael<br>9:00-9:30am<br>(Osher Room)   |                                                                                  |                                                           | STRENGTH & BALANCE<br>with Michael<br>9:00-9:45am<br>(Osher Room) |                                              | ADULT GROUP SWIM<br>with Joanne<br>9:00-10:00am<br>(Malcolm Pool) |
| 9:15am  |                                                           | AQUAFIT INTERVALS<br>with Melissa<br>9:15-10:00am<br>(Malcolm Pool)   | AQUAFIT INTERVALS<br>with Melissa<br>9:15-10:00am<br>(Malcolm Pool)              |                                                           |                                                                   |                                              |                                                                   |
| 9:30am  |                                                           | STRENGTH &<br>BALANCE<br>with Michael<br>9:30-10:15am<br>(Osher Room) |                                                                                  |                                                           |                                                                   |                                              |                                                                   |
| 9:45am  |                                                           |                                                                       |                                                                                  |                                                           |                                                                   |                                              |                                                                   |
| 10:00AM | PICKLEBALL<br>10:00-11:30am<br>(Gymnasium)                |                                                                       | PICKLEBALL -<br>Open Play & Skill<br>Development<br>10:00-11:30am<br>(Gymnasium) | PICKLEBALL<br>10:00-11:30am<br>(Gymnasium)                |                                                                   | PICKLEBALL<br>10:00am-12:00pm<br>(Gymnasium) |                                                                   |
| 10:15am |                                                           |                                                                       |                                                                                  |                                                           |                                                                   |                                              |                                                                   |
| 10:30am |                                                           |                                                                       |                                                                                  |                                                           |                                                                   |                                              |                                                                   |
| 10:45am |                                                           |                                                                       |                                                                                  |                                                           |                                                                   |                                              |                                                                   |
| 11:00am |                                                           |                                                                       |                                                                                  |                                                           |                                                                   |                                              |                                                                   |
| 11:15am |                                                           |                                                                       |                                                                                  |                                                           |                                                                   |                                              |                                                                   |
| 11:30am | OPEN COURT<br>BASKETBALL<br>11:30am-1:30pm<br>(Gymnasium) | OPEN COURT<br>BASKETBALL<br>11:30am-1:30pm<br>(Gymnasium)             | OPEN COURT<br>BASKETBALL<br>11:30am-1:30pm<br>(Gymnasium)                        | OPEN COURT<br>BASKETBALL<br>11:30am-1:30pm<br>(Gymnasium) | OPEN COURT<br>BASKETBALL<br>11:30am-1:30pm<br>(Gymnasium)         |                                              |                                                                   |
| 11:45am |                                                           |                                                                       |                                                                                  |                                                           |                                                                   |                                              |                                                                   |

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|---------|------------------------------------------------------------------------------------|-------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------|----------------------------------------------------|-----------------------------------------------------------|--|--|
| 12:00pm |                                                                                    |                                                 |                                                                                    |                                         |                                                    | OPEN COURT BASKETBALL<br>12:00–2:00pm<br>(Gymnasium)      |  |  |
| 12:15pm |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 12:30pm |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 12:45pm |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 1:00pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 1:15pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 1:30pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 1:45pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 2:00pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    | BADMINTON<br>2:00–3:45pm<br>(Gymnasium)                   |  |  |
| 2:15pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 2:30pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 2:45pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 3:00pm  | FAMILY BASKETBALL<br>3:00–5:30pm<br>(Gymnasium)                                    | FAMILY BASKETBALL<br>3:00–5:30pm<br>(Gymnasium) |                                                                                    |                                         | 1/2 COURT VOLLEYBALL<br>3:00–5:30pm<br>(Gymnasium) | 1/2 COURT FAMILY BASKETBALL<br>3:00–5:30pm<br>(Gymnasium) |  |  |
| 3:15pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 3:30pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 3:45pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 4:00pm  | BOXING WITH CARLOS<br>(Lingala, Portuguese, French)<br>4:00–5:00pm<br>(Osher Room) |                                                 | BOXING WITH CARLOS<br>(Lingala, Portuguese, French)<br>4:00–5:00pm<br>(Osher Room) | BADMINTON<br>4:00–7:30pm<br>(Gymnasium) |                                                    |                                                           |  |  |
| 4:15pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 4:30pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |
| 4:45pm  |                                                                                    |                                                 |                                                                                    |                                         |                                                    |                                                           |  |  |

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| 5:00pm |                                                                  |                                                     |                                                        |                                                       |                                                                  | BADMINTON & PICKLEBALL<br>5:00-6:30pm<br>(Gymnasium)                               |                                                        |  |  |
| 5:15pm |                                                                  |                                                     |                                                        |                                                       |                                                                  |                                                                                    |                                                        |  |  |
| 5:30pm | ATHLETIC BOOTCAMP<br>with Michael<br>5:30-6:30pm<br>(Osher Room) | OPEN COURT BASKETBALL<br>5:30-7:45pm<br>(Gymnasium) | YOGA FLOW<br>with Michael<br>5:30-6:30pm<br>(Studio A) | OPEN COURT BASKETBALL<br>5:30am-7:45pm<br>(Gymnasium) | ATHLETIC BOOTCAMP<br>with Michael<br>5:30-6:30pm<br>(Osher Room) | BOXING WITH CARLOS<br>(Lingala, Portuguese, French)<br>5:30-6:30pm<br>(Osher Room) | YOGA FLOW<br>with Michael<br>5:30-6:30pm<br>(Studio A) |  |  |
| 5:45pm |                                                                  |                                                     |                                                        |                                                       |                                                                  |                                                                                    |                                                        |  |  |
| 6:00pm |                                                                  |                                                     |                                                        |                                                       |                                                                  |                                                                                    |                                                        |  |  |
| 6:15pm |                                                                  |                                                     |                                                        |                                                       |                                                                  |                                                                                    |                                                        |  |  |
| 6:30pm |                                                                  |                                                     |                                                        |                                                       |                                                                  | OPEN COURT BASKETBALL<br>6:30pm-7:45pm<br>(Gymnasium)                              |                                                        |  |  |
| 6:45pm |                                                                  |                                                     |                                                        |                                                       |                                                                  |                                                                                    |                                                        |  |  |
| 7:00pm |                                                                  |                                                     |                                                        |                                                       |                                                                  |                                                                                    |                                                        |  |  |