



# IN PERSON CLASSES SCHEDULE

## Casco Bay Branch - April 2025

### PRIME TIME HOURS:

Monday – Saturday 8:30am – 11:30am

Tuesday – Thursday 4:00pm – 7:00pm

DATE: APRIL 2025

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>POWER PILATES</b> with Amy 6:10-7:00am	<b>OPEN MASTERS SWIM</b> 6:00-7:00am (Lap Pool)	<b>HATHA YOGA</b> with Vanessa 6:10-7:05am	
6:15am							
6:30am							
6:45am							
7:00AM							
7:15am							
7:30am							
7:45am							
8:00AM					<b>WATER TAI CHI</b> with Karen 8:00-8:45am (Small Pool)		
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							
9:00AM	<b>AQUA AEROBICS</b> with Cathy 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>LIFT</b> with Rebecca 9:00-9:30am	<b>AQUA AEROBICS</b> with Cathy 9:00-10:00am (Large Pool)		



2:00pm								
2:15pm								
2:30pm								
2:45pm								
3:00pm								
3:15pm								
3:30pm								
3:45pm								
4:00pm					<b>HATHA YOGA</b> with Vanessa 4:00-4:55pm			
4:15pm								
4:30pm	<b>ZUMBA</b> with Tyler 4:30-5:25pm			<b>ZUMBA</b> with Tyler 4:30-5:25pm				
4:45pm								
5:00pm		<b>KRIPALU YOGA</b> with Molly 5:00-6:15pm	<b>AQUA AEROBICS</b> with Cathy 5:00-6:00pm (Large Pool)		<b>AQUA AEROBICS</b> with Marianne 5:00-6:00pm (Large Pool)	<b>WARRIOR STRENGTH</b> with Jen 5:10-6:00pm	<b>STEP &amp; DANCE</b> with Nikky 5:15-6:00pm	
5:15pm								
5:30pm	<b>LIFT</b> with Jen 5:35-6:25pm							
5:45pm								
6:00pm								
6:15pm								
6:30pm								
6:45pm								
7:00pm								