



IN PERSON CLASSES SCHEDULE

Casco Bay Branch - May 2025

(There will be no classes on May 26 - Memorial Day)

PRIME TIME HOURS:

Monday - Saturday 8:30am - 11:30am
 Tuesday - Thursday 4:00pm - 7:00pm

DATE: MAY 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	GROUP CYCLE with BJ 6:10-7:00am	FIT CIRCUIT with Therese 6:10-7:00am	GROUP CYCLE with BJ 6:10-7:00am	POWER PILATES with Amy 6:10-7:00am			
6:15am							
6:30am							
6:45am							
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		ZUMBA with Shari 8:30-9:25am	CARDIO & STRENGTH INTERVAL with Eileen 8:30-9:25am	
8:45am							
9:00AM	WALKING WITH ARTHRITIS 9:00-9:45am (Indoor Walking Track)	AQUA AEROBICS with Cathy 9:00-10:00am (Large Pool)	AQUA AEROBICS with Marianne 9:00-10:00am (Large Pool)	WALKING WITH ARTHRITIS 9:00-9:45am (Indoor Walking Track)	AQUA AEROBICS with Marianne 9:00-10:00am (Large Pool)		
		AQUA AEROBICS with Cathy 9:00-10:00am (Large Pool)		AQUA AEROBICS with Cathy 9:00-10:00am (Large Pool)			

9:15am								
9:30am	GROUP CYCLE with Kristin 9:30-10:20am	ZUMBA with Barbara M. 9:35-10:25am	LOW KEY QI GONG/TAI CHI with Karen 9:30-10:30am	ZUMBA with Barbara M. 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					PARENT/CHILD CARDIO & CIRCUIT with Shannon 9:45-10:30am Indoor Walking Track			
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 ARTHRITIS 10:00-10:45am (Small Pool)	AQUA AEROBICS with Cathy 10:00-11:00am (Large Pool)	
10:15am								
10:30am	IYENGAR YOGA with Kristina 10:35-11:45am	FUNCTIONALLY FIT with Karen 10:35-11:30am	IYENGAR YOGA with Kristina 10:35-11:45am	ZUMBA GOLD with Barbara J. 10:35-11:30am				
10:45am						ZUMBA GOLD with Barbara J. 10:45-11:35am		
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								
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3:00pm								
3:15pm								
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3:45pm								
4:00pm								
4:15pm								
4:30pm	ZUMBA with Tyler 4:30-5:25pm			ZUMBA with Tyler 4:30-5:25pm				
4:45pm								
5:00pm		KRIPALU YOGA with Molly 5:00- 6:15pm	AQUA AEROBICS with Cathy 5:00- 6:00pm (Large Pool)		AQUA AEROBICS with Marianne 5:00- 6:00pm (Large Pool)	WARRIOR STRENGTH with Jen 5:10- 6:00pm	STEP & DANCE with Nikky 5:15-6:00pm	
5:15pm								
5:30pm	LIFT with Jen 5:35-6:25pm							
5:45pm								
6:00pm								
6:15pm								
6:30pm								
6:45pm								
7:00pm								