IN PERSON CLASSES SCHEDULE

Casco Bay Branch – January 2026

(No classes January 19 in o bservance of Martin Luther King, Jr. Day)

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

DATE: JANUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	**GROUP CYCLE** with Connie 6:10-7:00am	**FIT CIRCUIT** with Therese 6:10-7:00am	**GROUP CYCLE** with Connie 6:10-7:00am	**CARDIO & STRENGTH INTERVAL** with Amy 6:10-7:00am			
6:15am							
6:30am							
7:00AM							
7:15am							
7:30am							
7:45am							
8:00AM							
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				**LIFT** with Maria 8:45-9:25am (No Class 1/22)			
9:00AM	**AQUA AEROBICS** with Marianne 9:00-10:00am (Large Pool) / **WALKING WITH ARTHRITIS** 9:00-10:00am Indoor Walking Track)	**AQUA AEROBICS** With Marianne 9:00-10:00am (Large Pool)	**AQUA AEROBICS** with Marianne 9:00-10:00am (Large Pool) / **WALKING WITH ARTHRITIS** 9:00-10:00am Indoor Walking Track)	**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		**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** 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** 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	**SLOW FLOW VINYASA YOGA** with Barbara 10:35-11:45am		**LOW KEY QI GONG/TAI CHI** with Karen 10:30-11:30am	**SLOW FLOW VINYASA YOGA** with Barbara 10:35-11:45am	**ZUMBA GOLD** with Barbara J. 10:35-11:30am		**ZUMBA GOLD** with Barbara J. 10:35-11:35am		
10:45am								
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							
3:30pm							
3:45pm							
4:00pm							
4:15pm							
4:30pm	**DANCE FITNESS** with Maria 4:30-5:25pm **JANUARY 5 ONLY.** (Tyler returns with Dance Fitness in February)						
4:45pm							
5:00pm		**AQUA AEROBICS** with Cathy 5:00-6:00pm (Large Pool)	**KRIPALU YOGA** with Molly 5:00-6:15pm		**AQUA AEROBICS** with Marianne 5:00-6:00pm (Large Pool)			
5:15pm							
5:30pm	**LIFT** 5:35-6:25pm			**LIFT** with Nikky 5:35-6:25pm			
5:45pm							
6:00pm							
6:15pm							
6:30pm							
6:45pm							
7:00pm							