

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Hot Yoga Strong (II) 7:30-8:30am Amrit	GRIT Cardio (II) 6:30-7:00am Vanessa	Mind Over Mat (II) 7:30-8:30am Alka	HIIT (ML) 8:30-9:00am Diane	Vinyasa Yoga (II) 7-8am Lisa	Yoga Bliss: Making the Most of the Morning 8:10-9:10am Amrit	Cycling and Strength (ML) 9-10am Susan
Fit & Fun (ML) 8:00-8:45am Minerva	GRIT Strength (II) 7:00-7:30am Vanessa	Pump It Up (II) 7-7:45am Theresa	Yoga Flow (II) 9:00-9:45am Diane	20/20/20 (ML) 8:00-9:00am Diane	Group Biking (ML) 9:00-10:00am John	Zumba (ML) 9-10am Penny
Group Biking (II) 9:00-9:45am Dave	Cycling & Strength (ML) 8:00-8:45am John	Core Strength (ML) 8:15-9:00am Minerva	Aqua Pi-Yo Chi (ML) 8:30-9:15am Karen	HIGH Low (ML) 9:00-9:50am Sue	Total Body (ML) 9:20-10:10 Rebecca	Total Body Sculpt (ML) 10:15-11am Diane
Yoga for All (I) 9:00am-10:00am Trish	Box Express (ML) 8:30-9:00am Diane	Aqua Qi-Gong (ML) 8:30-9:15am Bill	Group Biking (II) 9:00-9:45am Dave	Yoga for All (I) 9:15-10:15am Trish	Zumba (II) 10:15-11:15am Krystal	
Cardio Splash (ML) 9:35-10:20am Marcia	Barre/Pilates (ML) 9:00-9:45am Diane	Vinyasa Yoga (II) 9:15-10:15am Lisa	Barre (ML) 9:15-10:00am Connie	Cardio Splash (ML) 9:35-10:20am Marcia	Iyengar Inspired Yoga (I) 11:30am-12:30pm Noreen	
HIGH Low (ML) 10:00-10:50am Sue	Aqua Pi-Yo Chi (ML) 8:30-9:15am Karen	Functional Fitness (I/ML) 10:15-11am Connie	Deep Water (ML) 9:35-10:20am Susan	Gentle Chair Yoga (I) 12-12:45pm Noreen		
Balancing Arthritis (I) 10:45-11:30am Susan	High Fitness (ML) 9:00-9:50am Sue	Movin and Groovin (ML) 9:15-10:15am Connie	Drums Alive (ML) 10:15-11:15am Noreen	Aqua Zumba (ML) 12:10-12:55pm Penny		
Gentle Chair Yoga (I) 12-12:45pm Kathleen	Deep Water (ML) 9:35-10:20am Adele	Cardio Splash (ML) 9:35-10:20am Marcia	Age Right (ML) 10:15-11:00am Connie			
Body Blast (ML) 5:00-5:45pm Dave	Zumba (II) 10-11am Minerva	Zumba Gold (I) 10:30-11:30am Denise	Balancing Arthritis (I) 10:45-11:30am Susan			
Core Glute Fusion (ML) 6:15-7:15pm Rebeca	Age Right & Core (ML) 10:15-11:15am Connie	Gentle Chair Yoga (I) 12-12:45pm Noreen	Total Body (ML) 5:00-5:45pm Dave			
	Standing Yoga (I/II) 11:30-12:30pm Noreen	Age Right (ML) 1:30-2:15pm Dave	Zumba (II) 6:00-7:00pm Krystal			
	Dance Beyond Parkinson's 1:30-2:30pm Rachelle	Barre/Pilates (ML) 5-5:30pm Diane	Balanced Yoga (ML) 6:00-7:00pm Genii		 <p>Class Code Descriptions:</p> <ul style="list-style-type: none"> ■ (Blue) = Lap Pool ■ (Purple) = Activity Pool ■ (Light Blue) = Bike Room ■ (Green) = Fitness Room F1 ■ (Red) = Gymnasium ■ (Orange) = Fitness Room F2 <p>(I)- Beginner (II)-Intermediate/Adv (ML) – Multi Level Schedule subject to change. Please check online, 'URFITAP-Ciccotti' app and email or call 518-867-8920 Last Modified: 8.30.2024</p>	
	eMbrace Yoga: Mudra, Mantra, Movement and Meditation (ML) 5-6pm Amrit	HIIT (ML) 5:30-6pm Diane	HIIT (II) 6-6:45pm Haley			
	Aqua Zumba (ML) 5:35-6:25pm Denise	Group Cycling (ML) 5:50-6:50pm Susan				
	BodyPump (II) 6:15-7:15pm Mikki	HIGH Low (ML) 5:30-6:30pm Connie				
		Total Body (ML) 6:10-6:55pm Dave				

Ciccotti Center Hours
Mon-Fri: 5:00 am to 8:00 pm
Sat: 8:00 am to 4:00 pm
Sun: 8:00 am to 2:00 pm

Pickleball Hours
Monday, Wednesday Friday: 9-12pm
Monday: 5:30-7pm
Tuesday, Thursday: 12-3pm
Beginner Pickleball: Mon, Wed, Fri: 8-9am

Aquatics Center
Lap Pool & Hot Tub:
Mon-Fri: 5:30 AM – 7:30 PM Saturday 8:00 AM – 3:30 PM & Sunday: 8:00 AM – 1:30 PM
Activity Pool:
Mon-Fri: 7:00am-1:00pm & 3:00-7:00pm Saturday 8:00 AM – 3:30 PM & Sunday: 8:00 AM -1:30 PM

Water Features:
Mon, Tues, Wed & Fri -4-7pm (45 mins at the top of each hour)
Mon - Friday– 11:45am-12:45pm (no blue slide)
Saturday: 11am-3:30pm Sunday: 10am-1:30pm

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