

Spring Break Class Schedule 2026

Thursday, March 19th - Sunday, March 29th

All Classes listed in **RED** are for Faculty/Staff/Graduate Students Only

Thursday, 3/19

Time	Class	Location	Instructor
5:15-6:00pm	Zumba®	Room B	Sar
6:00-6:45pm	Drum & Tone	Room A	Grace L

Saturday, 3/21

No Classes

Monday, 3/23

Time	Class	Location	Instructor
9:00-10:00am	Yoga/Pilates	Room B	Hillary
5:15-6:00pm	Zumba®	Room A	Sar
6:15-7:00pm	Total Body Tone	Room A	Jacky

Wednesday, 3/25

Time	Class	Location	Instructor
12:15-1:00pm	Total Body Tone	Room A	Kelly
6:15-7:00pm	TRX®	Room A	Melinda

Friday, 3/27

Time	Class	Location	Instructor
12:15-1:00pm	Vinyasa Yoga	Room B	Hillary

FREE to Faculty/Staff & Graduate Students

Day	Time	Class	Location	Instructor
Monday	5:15-6:00pm	Zumba®	Room A	Sar
Wednesday	12:15-1:00pm	Total Body Tone	Room A	Kelly
Friday	12:15-1:00pm	Vinyasa Yoga	Room B	Scott/Hillary

Friday, 3/20

Time	Class	Location	Instructor
11:15-12:00pm	Spin & Tone	Room A	Kelly
12:15-1:00pm	Barre®	Room A	Kelly
12:15-1:00pm	Vinyasa Yoga	Room B	Scott

Sunday, 3/22

Time	Class	Location	Instructor
4:00-5:00 pm	Vinyasa Yoga	Room B	Scott

Tuesday, 3/24

Time	Class	Location	Instructor
9:00-10:00am	Vinyasa Yoga	Room B	Hillary
6:00-6:45pm	Total Body Tone	Room A	Jacky

Thursday, 3/26

No Classes

Saturday, 3/28

No Classes

Sunday, 3/29

No Classes

Water Fitness

Day	Time	Class	Pool	Instructor
Monday	9:00-10:00am	Aqua Toners	Leisure	Mary K
Tuesday	9:00-10:00am	Aqua Toners	Leisure	Mary K
Wednesday	9:00-10:00am	Deep Water Power	Dive Well	Hillary
Thursday	9:00-10:00am	Aqua Toners	Leisure	Hillary

Silver Sneakers® / Golden Fitness Classes

Day	Time	Class	Location	Instructor
Monday	10:15-11:15am	SilverSneakers® Circuit	Room B	Hillary
Tuesday	10:15-11:15am	SilverSneakers® Yoga	Room B	Hillary
Wednesday	10:15-11:15am	SilverSneakers® Chair Yoga	Room B	Hillary
Thursday	10:15-11:15am	Golden Tabata	Room B	Hillary
Friday	9:00-10:00am	SilverSneakers® Circuit	Room B	Hillary
Friday	10:15-11:15am	SilverSneakers® Yoga	Room B	Hillary