

LAND FITNESS SCHEDULE

SPRING 2026: MARCH 23 - JUNE 7

BEEDE STUDIO

HUNT BUILDING

55 CHURCH STREET

MON

6:30-7:30am
Tabata Spin Bootcamp w/Mary

4:45-5:45pm
Body Sculpting w/Diane
6:00-7:00pm
Yoga for Stiff People w/Kelly

TUE

10:00-10:45am
Zumba® w/Molly
Beede Lobby

10:30-11:30am
Arthritis Groove & Move w/Carolyn
4:45-5:45pm
Body Sculpting w/Diane

WED

9:45-10:45am
Circuit Training w/Lori

10:30-11:30am
Boot Camp w/Carolyn

6:00-7:00pm
Yoga for Stiff People w/Kelly

THU

10:00-10:45am
Zumba® w/Molly
Beede Lobby

9:30-10:30am
Pilates w/Lori

FRI

6:15-7:15am
Circuit Training w/Lori

9:15-10:15am
Body Sculpting w/Diane
10:30-11:30am
Arthritis Groove & Move w/Carolyn

**BEEDE
CENTER**
swim + fitness



FITNESS PASS

WATER FITNESS SCHEDULE

SPRING 2026: MARCH 23 - JUNE 7

	DIVE WELL	SHALLOW END	WARM WATER POOL
MON	7:00-7:50am Deep Cardio HIIT w/Teresa 10:00-10:50am Deep Cardio HIIT w/Carolyn		11:00-11:50am Ai Chi w/Geralyn 12:00-12:50pm Arthritis w/Geralyn
TUE	9:00-9:50am Deep Cardio HIIT w/Teresa	10:00-10:50am Shallow Cardio HIIT w/Teresa	11:00-11:50am Arthritis w/Teresa 12:00-12:50pm Arthritis w/Teresa
WED	7:00-7:50am Deep Cardio HIIT w/Carolyn 10:00-10:50am S'WET™ Deep w/Geralyn		11:15am-12:05pm Arthritis w/Geralyn
THU		10:00-10:50am Aqua Cardio Blast w/Carolyn	11:00-11:50am Arthritis w/Carolyn 12:15-1:05pm Ai Chi w/Geralyn
FRI	7:00-7:50am Deep Cardio HIIT w/Teresa 9:00-9:50am Deep Cardio HIIT w/Teresa	10:00-10:50am Shallow Cardio HIIT w/Geralyn	11:00-11:50am Arthritis w/Geralyn
SU	8:30-9:20am Deep Boot Camp w/Teresa 9:30-10:20am Deep Boot Camp w/Teresa		



FITNESS PASS

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