



FITNESS SCHEDULE

Spring 2026

All Levels
 Entry
 Intermediate
 Advanced

Gym Orientation & 1 on 1 Training by Appointment Only Call Fitness Dept. 631-593-8335

MONDAY

9:00 am	Supervised Fitness	Rick	Gym	
9:15 am	Aquacize	Libby	Pool	
9:30 am	Tai Chi	Sarah	Fitness Studio	
10:15 am	Free Swim (1 hour)	Libby	Pool	
10:00 am	Upward Mobility	Sarah	Fitness Studio	
11:00 am	Yoga	Sarah	Fitness Studio	
2:00 pm	Shadow Boxing	Rick	Fitness Studio	
4:00 pm	Free Swim (1 hour)	Rick	Pool	

TUESDAY

9:00 am	Free Swim until 11:00 am	Libby	Pool	
9:30 am	Circuit	Rick	Fitness Studio / Gym	
10:30 am	Super Slow Stretch	Rachel	Fitness Studio	NEW
11:30 am	Slim n' Sassy Strength Training	Christa	Fitness Studio	
2:00 pm	Fascia Flow	Christa	Fitness Studio	NEW
3:00 pm	Supervised Fitness	Rick	Gym	
3:15 pm	Indoor Pickle Ball	Christa	Studio	NEW
4:00 pm	Free Swim (1 hour)	Christa	Pool	

WEDNESDAY

8:30 am	Zumba	Rachel	Fitness Studio	
9:15 am	Aquacize	Libby	Pool	
9:30 am	Studio 1500	Sarah	Fitness Studio	NEW
10:15 am	Free Swim	Libby	Pool	
10:30 am	Core Fusion Mat	Sarah	Fitness Studio	NEW
11:30 am	Chair Yoga	Sarah	Fitness Studio	
1:00 pm	Gym Orientation (by appointment only)	Rick	Gym	NEW
2:00 pm	Supervised Fitness	Rick	Gym	NEW
2:00 pm	Dancing with Parkinson's	Regan	Fitness Studio	NEW
3:00 pm	Dancing with Parkinson's	Regan	Fitness Studio	NEW
4:00 pm	Free Swim (1 Hour)	Rick	Pool	

THURSDAY

9:00 am	Free Swim until 11:00 am	Rick	Pool	
9:30 am	Circuit	Libby	Fitness Studio / Gym	
10:30 am	Super Slow Stretch	Rachel	Fitness Studio	NEW
11:15 am	Strolling with Poles	Rachel	Fitness Studio / Lobby	NEW
11:30 am	Slim 'n Sassy Strength Training	Christa	Fitness Studio	
2:00 pm	Move & Groove	Rachel	Fitness Studio	NEW
3:00 pm	Supervised Fitness	Christa	Gym	NEW
3:15 pm	Indoor Pickle Ball	Christa	Fitness Studio	NEW
4:00 pm	Free Swim (1 hour)	Christa	Pool	

FRIDAY

9:00 am	Yoga / Fascia Flow	Christa	Fitness Studio	NEW
9:00 am	Supervised Fitness	Rick	Gym	
10:00 am	Strength Training w/ Bands	Christa	Fitness Studio	NEW
11:00 am	Supervised Swim (1 hour)	Rick	Pool	
1:00 pm	Gym Orientation (by appointment only)	Rick	Gym	
2:00 pm	Box, Balance , Core	Christa	Fitness Studio	
2:00 pm	Supervised Fitness	Rick	Gym	
3:15 pm	Indoor Pickle Ball	Christa	Fitness Studio	NEW
4:00 pm	Free Swim (1 hour)	Christa	Pool	

Please Wear Proper Footwear For All Physical Activities

FITNESS DESK (631) 593-8335

CLASS DESCRIPTIONS



Fitness Manager
Rick Dignus

Upward Mobility – ALL LEVELS

Maintain a vibrant lifestyle. Practice balance exercises to strengthen & stabilize muscles needed to remain upright and improve alignment.

Circuit- ADVANCED

A powerful fast-paced workout designed to move through a series of stations with exercises targeting a full body workout.

Aquacize- ALL LEVELS

A Fun functional pool class with movements to increase mobility, range of motion and strength.

Zumba – ALL LEVELS

A fun cardio dance that improves mood, balance and rhythm.

Slim N' Sassy Strength Training—INTERMEDIATE

A chair based workout geared to increase strength and muscle endurance. Work to improve posture & coordination while moving to tempos using gliding disc, dumbbells, balls and bands. Class ends with 10 minutes of stretch and relaxation.



Sarah Williams

Studio 1500 Advanced

A blend of cardio, strength, functional movement and balance. Standing and mat work.

Shadow Boxing– ALL LEVELS

This full body workout will enhance muscle memory, balance, strength and endurance.

Super Slow Stretch– ALL LEVELS

Gentle mindful form of stretching that enhances flexibility, releases muscle tension, improves circulation and encourages the body to relax.



Libby Koch

Yoga - ALL LEVELS

Improve posture, balance and flexibility while relieving stress. Breath work, guided imagery and mindful meditation leaves you feeling refreshed! Seated and standing poses with the support of chair or barre.

Tai Chi- ALL LEVELS

Cultivate Chi (life force) with slow gentle movement and breath focusing on the mind body connection. This standing practice is benefits balance, arthritis, chronic pain, hyper-tension, high blood pressure and overall well being.



Christa Schleicher

Core Fusion Mat—INTERMEDIATE

Fluid Exercise's on the mat to strengthen the core, lengthen and tone the entire body.
BRING YOUR OWN MAT

Strength Training with Resistant Bands – ALL LEVELS

A class that offers versatile, full body workout, enhancing strength, flexibility and balance with controlled movements.

Box Balance Core– ALL LEVELS

Challenge your core strength and balance while shadow boxing

Chair Yoga Basics– ALL LEVELS

Improve posture, balance and flexibility while relieving stress.

Dancing with Parkinson's– ALL LEVELS

Empowerment with movement. Class builds confidence, mobility, nurtures community, & celebrates artistry. Music & dance unlock strength, resilience, and creativity— a gesture of grace, as dance belongs to everyone.



Rachel Thomas

Strolling with Poles –INTERMEDIATE

Enhance your posture, endurance, strength, mobility and walking technique using Urban Poles.



Regan Battuello

Fascia Flow –ALL LEVELS

A self massage using specialized equipment to improve balance, posture and to enhance Connection between mind and body without putting strain to yourself.

Movin' & Groovin' –ALL LEVELS

Easy, creative movement with energizing music!

ALL DAY EVERY DAY at PL Pavillion
Pickleball—Tennis—Basketball—Bocce