



HEALTH & FITNESS CENTER—PROGRAMS AVAILABLE

Silver Circuit—Tuesday/Thursday

Tuesday, February 10, - Thursday, May 28, 2026 8:30—9:30 a.m.

\$45—members— \$70—non-members—Insurance members—free

Instructor: Gigi Sciotti

Circuit Class—Tuesday/Thursday

Tuesday, February 10, - Thursday, May 28, 2026 9:30—10:30 a.m.

\$45—members—70—non-members—Insurance members—free

Instructor: Gigi Sciotti

Total Body by Gigi (strength training class) - Monday/Wednesday

Wednesday, December 3, - Monday, March 9, 2026 -5:30—6:30 p.m.

\$45—members— \$70—non-members— Northeast Students—\$ 20 Insurance members—free

Instructor: Gigi Sciotti

Vinyasa Yoga—Wednesday

Wednesday, January 7, - Wednesday, March 25, 2026—2:30—3:30 p.m.

\$30-members~ 55-non-members ~ \$10 NE Students ~ Insurance members—free

Instructor: Alexandra Lee

Daytime Aquacise Class—Thursday/Friday

Thursday, January 8, - Friday, March 27, 2026—11:00 a.m.—12:00 p.m.

\$45—members \$70—non-members—Insurance members—free

Instructor—Cathy Graber

Aqua Zumba— Monday/Wednesday

Monday, January 5, 2026—Wednesday, April 1, 2026—6:30—7:15 p.m.

\$45—members— \$70—non-members ~ Insurance members—free

Instructor: Gizeli O'Connor

PICKLEBALL CLASS

TUESDAY/THURSDAY/FRIDAY ~ 9:00 —10:00 a.m.

Instructor—Stacey Steele