

Categories

Mind Body

Cardio/Strength

Energy Burst

Specialty

Monday

 8:30AM – 9:00AM
Core

 11:00AM – 11:30AM
Barre[^]

 11:45AM – 12:00PM
Seated Strength and Stretch[^]

 12:00PM – 12:30PM
STRONG NationTM

 3:00PM – 3:45PM
Yoga

 5:15PM – 6:00PM
Strength Training[^]
Tuesday

 11:00AM – 11:30AM
Yoga Core Fusion

 12:00PM – 12:45PM
Zumba[®]

 3:00PM – 3:30PM
Barre[^]

 3:45PM – 4:00PM
Stretch and Mobility

 5:15PM – 6:00PM
Indoor Cycling^{*}
 6/14 Only

Wednesday

 7:00AM – 7:30AM
Kickboxing

 10:00AM – 10:15AM
Core and Balance

 11:00AM – 11:30AM
HIIT

 12:00PM – 12:45PM
Yoga

 3:00PM – 3:30PM
Pilates

 5:15PM – 5:45PM
Kickboxing
Thursday

 11:00AM – 11:30AM
Pilates

 11:30 AM – 12:15PM
Indoor Cycling^{*}
 6/9 Only

 12:00PM – 12:45PM
Strength Training[^]

 3:00PM – 3:30PM
HIIT

 3:45PM – 4:00PM
Cardio

 5:00PM – 5:45PM
Yoga
Friday

 8:30AM – 9:00AM
Cardio Core

 10:00AM – 10:15AM
Stretch and Mobility

 11:00AM – 11:30AM
Barre[^]

 12:00PM – 12:45PM
Yoga

 3:00PM – 3:30PM
Core

All classes are in Eastern Time and hosted in English.

^Class format includes options to supplement body weight exercises, including free weights, mini exercise balls or bands.

*Specialty class! Indoor Cycling will be offered twice in June on 6/9 at 11:30am and 6/14 at 5:15pm EST. This class requires a stationary indoor bike.