

**Categories**

Mind Body

Cardio/Strength

Energy Burst

Specialty

**Monday**

 8:30AM – 9:00AM  
Core

 11:00AM – 11:30AM  
Barre<sup>^</sup>

 11:45AM – 12:00PM  
Seated Strength and Stretch<sup>^</sup>

 12:00PM – 12:30PM  
STRONG Nation™

 3:00PM – 3:45PM  
Yoga

 5:15PM – 6:00PM  
Strength Training<sup>^</sup>
**Tuesday**

 11:00AM – 11:30AM  
Yoga Core Fusion

 12:00PM – 12:45PM  
Zumba®

 3:00PM – 3:30PM  
Barre<sup>^</sup>

 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<sup>^</sup>

 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<sup>^</sup>

 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.

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Strength Training<sup>^</sup>

11:00AM – 11:30AM  
Yoga Core Fusion

11:45AM – 12:00PM  
Strength & Mobility<sup>^\*</sup>  
7/12 Only

12:00PM – 12:45PM  
Zumba<sup>®</sup>

3:00PM – 3:30PM  
Barre<sup>^</sup>

11:00AM – 11:30AM  
HIIT

12:00PM – 12:45PM  
Yoga

1:00PM – 1:15PM  
Strength & Mobility<sup>^\*</sup>  
7/13 Only

3:00PM – 3:30PM  
Pilates

5:15PM – 5:45PM  
Kickboxing

11:00AM – 11:30AM  
Pilates

12:00PM – 12:45PM  
Strength Training<sup>^</sup>

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Yoga

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Cardio Core

11:00AM – 11:30AM  
Barre<sup>^</sup>

12:00PM – 12:45PM  
Yoga

3:00PM – 3:30PM  
Core

All classes are in Eastern Time and hosted in English.

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

<sup>\*</sup>Specialty classes! Join Strength & Mobility on 7/12 & 7/13 to learn how mobility in specific regions of the body can impact activities of daily living.

<sup>+</sup>Classes canceled 7/4 in observance of the Fourth of July holiday.