

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 Nation™*

2:00PM – 2:30PM
AMRAP^
5/23 Only

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

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

12:00PM – 12:45PM
Strength Training^

2:00PM – 2:30PM
Zumba® Toning^
5/5 Only

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.

*No classes on 5/30 in observance of Memorial Day

Specialty Classes! Check out Zumba® Toning on 5/5 and AMRAP (As Many Rounds As Possible) on 5/23

New! Kickboxing offered on Wednesdays at 7AM all month!