

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<p><b>INTERVAL TRAINING (GX)</b> 5:45-6:45 PRISCILA <b>CORE PILATES (MB) Δ</b> 5:45-6:45 TRICXI <b>MORE BALANCE(GX)</b> 8:00-8:30 MEG <b>STRONG CORE (GX)</b> 8:30-9:00 MEG <b>AQUA FIT (P)</b> 8:30-9:30 SUSAN <b>INTERVAL TRAINING (GX)</b> 9:00-10:00 JENN <b>ELASTIC BODY (MB) Δ</b> 9:00-10:00 MEG <b>PILATES REFORMER 3**(R) Δ</b> 9:00-10:00 LESLIE <b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 9:15-10:15 GUILHEM <b>ORTHOPEDIC PILATES*(R) Δ</b> 10:00-11:00 KAREN <b>ZUMBA (GX)</b> 10:15-11:15 KATHLEEN <b>EMBODIED PILATES (MB)</b> 10:15-11:15 MEG <b>POST REHAB PILATES**(R) Δ</b> 11:00-12:00 IRENE <b>CARDIO SCULPT 1-2 (GX)</b> 11:15-12:15 MEG <b>GENTLE YOGA (MB)</b> 11:30-12:30 LOAN</p>	<p><b>NEXTBARRE (MB) Δ</b> 5:30-6:30 SUSAN <b>CYCLE PURE POWER (C) Δ</b> 5:30-6:30 JENN <b>ROLL/RELEASE (MB)</b> 6:30-7:00 JENN <b>IYENGAR YOGA 2-3 (MB)</b> 7:30-8:30 JANINE <b>IYENGAR YOGA 1-2 (MB)</b> 8:30-9:30 JANINE <b>BODY POWER (GX)</b> 9:00-10:00 MEG <b>PILATES REFORMER 2**(R) Δ</b> 9:00-10:00 LESLIE <b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 9:15-10:15 GUILHEM <b>NEXTBARRE (MB) Δ</b> 9:30-10:30 HEATHER <b>TRX SUSPENSION (GX) Δ</b> 10:00-11:00 MIDORI <b>PILATES REFORMER 2** (R) Δ</b> 10:00- 11:00 KAREN <b>PILATES TRIO CIRCUIT** (R) Δ</b> 10:00- 11:00 IRENE <b>NEXTBARRE (MB) Δ</b> 10:30-11:30 HEATHER <b>WATER WORKS (P)</b> 10:30-11:30 PAM</p>	<p><b>BOOTCAMP (GX)</b> 5:45-6:45 RIANA <b>PILATES REFORMER 2**(R)</b> 6:00-7:00 CAROL <b>CORE PILATES (MB)</b> 7:00-8:00 LOAN <b>PILATES REFORMER 1-2**(R) Δ</b> 8:00-9:00 CAROL <b>MOTR (GX) Δ</b> 8:15-9:15 MIDORI <b>ELASTIC BODY (MB) Δ</b> 8:00-9:00 LOAN <b>AQUA FIT (P)</b> 8:30-9:30 SUSAN <b>DASSANAYAKA YOGA (MB)</b> 9:00-10:15 MELLARA <b>ZUMBA (GX)</b> 9:15-10:15 MIDORI <b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 9:15-10:15 TAMARA <b>PILATES REFORMER 2-3**(R) Δ</b> 9:15-10:15 CAROL <b>LONG &amp; LEAN (GX)</b> 10:15-11:15 TAMARA <b>PILATES REFORMER 2**(R) Δ</b> 10:15-11:15 MEG <b>CORE PILATES (MB)</b> 10:30-11:30 KAREN <b>CARDIO SCULPT 1-2 (GX)</b> 11:15-12:15 MEG <b>GENTLE YOGA (MB)</b> 11:30-12:30 MIDORI</p>	<p><b>CYCLE PURE POWER (C) Δ</b> 5:30-6:30 KATE <b>ROLL/RELEASE (MB)</b> 6:30-7:00 KATE <b>BODY &amp; SOLE (GX)</b> 8:15-9:15 KATHLEEN <b>YOGA BALANCE FLOW (MB)</b> 8:30-9:30 LOAN <b>PILATES REFORMER 2**(R) Δ</b> 9:00-10:00 LESLIE <b>CYCLE PURE POWER (C) Δ</b> 9:15-10:15 JENN <b>DYNAMIC MOVEMENT (GX) Δ</b> 9:15-10:15 PAUL <b>NEXTBARRE (MB) Δ</b> 9:30-10:30 HEATHER <b>PILATES TRIO CIRCUIT**(R) Δ</b> 10:00-11:00 IRENE <b>ORTHOPEDIC PILATES*(R) Δ</b> 10:00-11:00 KAREN <b>TRX FUSION (GX) Δ</b> 10:15-11:15 MEG <b>NEXTBARRE (MB) Δ</b> 10:30-11:30 AUTUMN/LESLIE <b>WATER WORKS (P)</b> 10:30-11:30 PAM <b>AERIAL YOGA FITNESS** (GX) Δ</b> 11:30-12:45 RODN</p>	<p><b>INTERVAL TRAINING (GX)</b> 5:45-6:45 JASON <b>NEXTBARRE (MB) Δ</b> 5:45-6:45 PAM <b>MIND &amp; BODY FUSION (MB)</b> 7:00-8:00 SYLVIA <b>MOTR (GX) Δ</b> 8:15-9:15 LAURA <b>PILATES REFORMER 3**(R) Δ</b> 9:15-10:15 LESLIE <b>AQUA FIT (P)</b> 8:30-9:30 PAM <b>STEP (GX)</b> 9:15-10:15 JUNE <b>MINDFUL FLOW YOGA (MB)</b> 9:00-10:00 LISA <b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 9:15-10:15 GUILHEM <b>PILATES REFORMER 2**(R) Δ</b> 10:15-11:15 LESLIE <b>EMBODIED PILATES (MB)</b> 10:15-11:15 LOAN <b>ZUMBA (GX)</b> 11:15-12:15 LAUREN C. <b>PILATES REFORMER 1-2**(R) Δ</b> 11:15-12:15 MEG <b>MINDFULNESS MEDITATION (MB)</b> 11:15-12:00 DORIAN</p>	<p><b>MORNING SCHEDULE</b></p> <table border="1"> <tr> <td> <p><b>STEP (GX)</b> 8:30-9:30 MEG <b>CYCLE PP OR R&amp;R (C) Δ</b> 8:30-9:30 ROTATION <b>AQUA FIT (P)</b> 8:45-9:45 CHRIS <b>PILATES REFORMER 2**(R) Δ</b> 9:00-10:00 SOPHIA <b>CORE PILATES (MB)</b> 9:30-10:30 JANE <b>BODY POWER (GX)</b> 9:30-10:30 MEG <b>CYCLE PP OR R&amp;R (C) Δ</b> 9:30-10:30 ROTATION <b>MINDFUL FLOW YOGA (MB)</b> 10:30-11:45 JANE <b>BOOTCAMP + TRX (GX)</b> 10:45-11:45 MEG/RIANA</p> </td> <td> <p><b>ATHLETIC PILATES (MB)</b> 9:00-10:00 LOAN <b>CYCLE PP OR R&amp;R (C) Δ</b> 9:30-10:30 ROTATION <b>AQUA FIT (P)</b> 9:30-10:30 MARION <b>NIA (GX)</b> 10:00-11:00 JANET <b>MINDFUL FLOW YOGA (MB)</b> 10:00-11:15 LOAN <b>BOLLYX DANCE (GX)</b> 11:00-12:00 SHIVANI</p> </td> </tr> </table>		<p><b>STEP (GX)</b> 8:30-9:30 MEG <b>CYCLE PP OR R&amp;R (C) Δ</b> 8:30-9:30 ROTATION <b>AQUA FIT (P)</b> 8:45-9:45 CHRIS <b>PILATES REFORMER 2**(R) Δ</b> 9:00-10:00 SOPHIA <b>CORE PILATES (MB)</b> 9:30-10:30 JANE <b>BODY POWER (GX)</b> 9:30-10:30 MEG <b>CYCLE PP OR R&amp;R (C) Δ</b> 9:30-10:30 ROTATION <b>MINDFUL FLOW YOGA (MB)</b> 10:30-11:45 JANE <b>BOOTCAMP + TRX (GX)</b> 10:45-11:45 MEG/RIANA</p>	<p><b>ATHLETIC PILATES (MB)</b> 9:00-10:00 LOAN <b>CYCLE PP OR R&amp;R (C) Δ</b> 9:30-10:30 ROTATION <b>AQUA FIT (P)</b> 9:30-10:30 MARION <b>NIA (GX)</b> 10:00-11:00 JANET <b>MINDFUL FLOW YOGA (MB)</b> 10:00-11:15 LOAN <b>BOLLYX DANCE (GX)</b> 11:00-12:00 SHIVANI</p>
<p><b>STEP (GX)</b> 8:30-9:30 MEG <b>CYCLE PP OR R&amp;R (C) Δ</b> 8:30-9:30 ROTATION <b>AQUA FIT (P)</b> 8:45-9:45 CHRIS <b>PILATES REFORMER 2**(R) Δ</b> 9:00-10:00 SOPHIA <b>CORE PILATES (MB)</b> 9:30-10:30 JANE <b>BODY POWER (GX)</b> 9:30-10:30 MEG <b>CYCLE PP OR R&amp;R (C) Δ</b> 9:30-10:30 ROTATION <b>MINDFUL FLOW YOGA (MB)</b> 10:30-11:45 JANE <b>BOOTCAMP + TRX (GX)</b> 10:45-11:45 MEG/RIANA</p>	<p><b>ATHLETIC PILATES (MB)</b> 9:00-10:00 LOAN <b>CYCLE PP OR R&amp;R (C) Δ</b> 9:30-10:30 ROTATION <b>AQUA FIT (P)</b> 9:30-10:30 MARION <b>NIA (GX)</b> 10:00-11:00 JANET <b>MINDFUL FLOW YOGA (MB)</b> 10:00-11:15 LOAN <b>BOLLYX DANCE (GX)</b> 11:00-12:00 SHIVANI</p>							
<p><b>AQUA FIT (P)</b> 1:00-2:00 ANDREA</p> <p><b>FLEXI-SPINE (MB) Δ</b> 4:30-5:30 TRICXI</p>	<p><b>NEXTBARRE (MB) Δ</b> 12:00-1:00 HEATHER</p> <p><b>EXTREME INTERVAL TRAINING 2-3 (GX)</b> 4:30-5:30 STEVE <b>ELASTIC BODY (MB) Δ</b> 4:30-5:30 LAURA B.</p>	<p><b>STEP (GX)</b> 12:15-1:15 JUNE <b>AQUA FIT(P)</b> 1:00-2:00 ANDREA <b>HEALTHY AGING FITNESS</b> 2:30-3:30 DIANNA <b>FLEXI-SPINE (MB) Δ</b> 4:30-5:30 PAUL <b>ZUMBA (GX)</b> 4:30-5:30 WES</p>	<p><b>INTERMEDIATE PILATES (MB) Δ</b> 12:00-1:00 SOFIA <b>EXTREME INTERVAL TRAINING 2-3 (GX)</b> 4:30-5:30 STEVE <b>ELASTIC BODY (MB) Δ</b> 4:30-5:30 LOAN</p>	<p><b>NEXTBARRE (MB) Δ</b> 12:00-1:00 CELESTE <b>AQUA FIT (P)</b> 1:00-2:00 TOM</p>	<p><b>AFTERNOON SCHEDULE</b></p> <table border="1"> <tr> <td> <p><b>CUTTING EDGE</b> <b>MARTIAL ARTS (MB)**Δ</b> 12:00-1:00 PRESTON &amp; DEBBIE <b>ZUMBA (GX)</b> 12:15-1:15 OSCAR</p> </td> <td> <p><b>NEXTBARRE (MB) Δ</b> 4:00-5:00 ROTATION <b>AERIAL YOGA FITNESS (GX) Δ</b> 6:00-7:15 RODNEY</p> </td> </tr> </table>		<p><b>CUTTING EDGE</b> <b>MARTIAL ARTS (MB)**Δ</b> 12:00-1:00 PRESTON &amp; DEBBIE <b>ZUMBA (GX)</b> 12:15-1:15 OSCAR</p>	<p><b>NEXTBARRE (MB) Δ</b> 4:00-5:00 ROTATION <b>AERIAL YOGA FITNESS (GX) Δ</b> 6:00-7:15 RODNEY</p>
<p><b>CUTTING EDGE</b> <b>MARTIAL ARTS (MB)**Δ</b> 12:00-1:00 PRESTON &amp; DEBBIE <b>ZUMBA (GX)</b> 12:15-1:15 OSCAR</p>	<p><b>NEXTBARRE (MB) Δ</b> 4:00-5:00 ROTATION <b>AERIAL YOGA FITNESS (GX) Δ</b> 6:00-7:15 RODNEY</p>							
<p><b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 5:30-6:30 GUILHEM <b>NEXTBARRE (MB) Δ</b> 5:30-6:30 CHARI <b>DYNAMIC MOVEMENT (GX) Δ</b> 5:45-6:45 PAUL <b>PILATES REFORMER 1-2**(R) Δ</b> 6:00-7:00 IRENE <b>VINYASA FLOW YOGA 1-2 (MB)</b> 6:30-7:30 CAMERON <b>U-JAM (GX)</b> 6:45-7:45 LAURA B</p>	<p><b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 5:30-6:30 ERIC <b>ZUMBA (GX)</b> 5:30-6:30 DESI <b>VINYASA FLOW YOGA 2-3 (MB)</b> 5:30-6:45 LOAN <b>EMBODIED ATHLETIC REFORMER (R) Δ</b> 5:30-6:30 YUKI <b>WANNA DANCE (GX)</b> 6:30-8:00 GRACE</p>	<p><b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 5:30-6:30 ERIC <b>NEXTBARRE (MB) Δ</b> 5:30-6:30 CHARI <b>PILATES REFORMER 1-2**(R) Δ</b> 5:30-6:30 TRICXI <b>PILATES TRIO CIRCUIT** (R) Δ</b> 5:30- 6:30 IRENE <b>POWER KICKBOX (GX)</b> 5:30-6:30 JASON <b>MINDFULNESS MEDITATION (MB)</b> 6:30-7:15 DORIAN <b>PILATES TRIO CIRCUIT** (R) Δ</b> 6:30- 7:30 IRENE <b>AERIAL YOGA FITNESS**(GX) Δ</b> 6:30-7:45 RODNEY</p>	<p><b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 5:30-6:30 KATE <b>U-JAM (GX)</b> 5:30-6:30 SAY SAY <b>POWER YOGA (MB)</b> 5:30-6:30 LOAN <b>PILATES REFORMER 2**(R) Δ</b> 5:30-6:30 KAREN <b>WANNA DANCE (GX)</b> 6:30-8:00 GRACE <b>HATHA YOGA (MB)</b> 6:30-7:30 JENN S</p>	<p><b>CYCLE RHYTHM &amp; RIDE (C) Δ</b> 5:30-6:30 GUILHEM <b>YIN YOGA (MB)</b> 5:30-6:30 JEN</p>	<p><b>EVENING SCHEDULE</b></p> <p><i>(GX) = GROUP EXERCISE STUDIO (MB) = MIND BODY STUDIO (C) = CYCLE STUDIO (P) = POOL (R) = REFORMER STUDIO</i></p> <p>1 = BEGINNER 2 = INTERMEDIATE 3 = ADVANCED</p> <p>** = PILATES REFORMER, MOTR , MARTIAL ARTS CLASSES ARE FEE BASED AND MAY CHANGE ON A MONTHLY BASIS.</p> <p>Δ= ADVANCED SIGN UP IS REQUIRED</p> <p><i>CYCLE, NEXT BARRE, &amp; TRX RESERVATIONS OPEN 24 HOURS PRIOR TO THE CLASS BEGINS. RECEIVE THE PASS AT FRONT DESK BEFORE THE CLASS. 5 MINUTES BEFORE THE CLASS BEGINS, THOSE PASSES THAT HAVE NOT BEEN COLLECTED MAY BE PASSED OUT TO THOSE ON THE WAITLIST. PLEASE NOTIFY US WITHIN TWO HOURS PRIOR TO YOUR SCHEDULED CLASS IF YOU WILL NOT BE ABLE TO ATTEND. FAILURE TO DO SO WILL RESULT IN A \$5 NO SHOW PENALTY BEING CHARGED TO YOUR ACCOUNT.</i></p>			

# CLASS DESCRIPTIONS

**GYM HOURS OF OPERATION:** M - Th 4:50 AM - 11 PM • F: 4:50 AM - 10 PM • SAT, SUN: 5:50 AM - 8 PM  
**CHILDCARE HOURS:** M - F: 8:00 AM - 8:00 PM • SAT: 8 AM - 2 PM • SUN 8 AM - 1 PM

## GROUP EXERCISE STUDIO

### CARDIO

#### BODY & SOLE\*

A dance based class that utilizes 5 important senses to strengthen and lengthen muscles. Find your comfort zone by mobilizing the joints and increasing stability, balance and body awareness. The class is suitable for all levels, and is energetic through world, latin, and urban beat.

#### BOLLYX DANCE

BollyX is a Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. The 50 min cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating and motivated.

#### STEP

Step up to a great workout! Using the height-adjustable platform developed by Reebok, you can get a great total body workout. Strengthen your heart and your legs with this 55-minute aerobic workout.

#### U-JAM\*

U-Jam is an athletic cardio dance class with a hip hop flavor that makes you sweat, tones your body, and puts a smile on your face.

#### ZUMBA\*

Zumba is a fusion of Latin and International music – to create a dynamic workout system designed to be FUN and EASY TO DO! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

#### WANNA DANCE\*

A studio-style dance class begins with 25-minute full body warmup including core work followed by 20 minutes of Across-The-Floor dance basic techniques. A block of choreography will be taught weekly in the last 40-minute routine segment of the class.

### STRENGTH

#### BODY POWER\*

This challenging yet fundamental workout is designed to strengthen, tone and sculpt your entire body using free MOTRweights, body bars, tubing, gliding disks etc.

#### TRX FUSION

TRX Fusion will challenge your core strength, stability and coordination while enhancing your overall mobility using the TRX and other tools. Create longer, leaner muscles and move and feel better with increased freedom of movement.

#### TRX SUSPENSION

This challenging suspension training uses your bodyweight, increases balance, strength, core stability and range of motion. You will use the whole body building lean muscles and coordination.

### COMBO (CARDIO - STRENGTH)

#### CARDIO SCULPT\*

A non-stop cardio hour consisting of strength, power, core, balance and plyometric drills using a variety of equipment such as free weights, tubing, step, disks.

#### POWER KICKBOX

Kick, punch, strike your way to fitter, fiercer you! After a total body warm up, this high intensity interval workout will focus on burning calories during the cardio segment, then honing your technique using gloves and punching bags.

### HIGH INTENSITY

#### BOOT CAMP

This is an intense full body conditioning class that makes you shred while enhancing the cardiovascular capacity. You will be using your body weight and a variety of gym tools available depending on the week, leaving the class satisfied and feeling strong!

#### EXTREME INTERVAL TRAINING

An enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercises with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition, improved metabolism, and improved fat burning.

#### INTERVAL TRAINING

This mid to high level interval cardio exercise class utilizes step, weights, bands, and other props working intervals to strengthen and tone the body and to burn calories.

### LOW IMPACT

#### AERIAL YOGA FITNESS

Using a silk hammock (1-4 feet from the floor), you will be guided through slow, luxurious stretches and moves with positive and deliberate intention. Focus on you and begin a journey of self-discovery as you explore how to move from the inside out. Feel energized and rejuvenated as you allow the hammock to provide a deeper sense of alignment and energy flow from within! Appropriate for all levels.

#### DYNAMIC MOVEMENT\*

Functional Movement is an accessible and dynamic program, designed to build strength, agility and coordination along all planes of motion. The workout prepares the body for the challenges of an active life.

#### LONG & LEAN\*

Tone up and sweat it out! This fusion class mixes low-impact cardio with low resistance to elongate and tone arms, legs and abs for a longer and leaner body.

#### HEALTHY AGING FITNESS\*

This Brain/Body class focuses on strength, flexibility, coordination, joint mobility and balance work. It can help you to: Improve balance + core strength, improve circulation, relieve stress, improve reflexes, increase energy levels, Props may include chairs, resistance bands, light weights and tennis balls. Open to all levels, no sign-up required.

#### MORE BALANCE\*

This 30 minute class begins with stretch and focuses on improving the balance by using various positions and props. All levels with various modifications are available for better balance!

#### NIA\*

Nia is a low impact barefoot workout performed to electric inspiring music. Adaptable for all ages and fitness levels. Each routine has a set intention, bringing greater meaning to your workout. Experience the physical, mental, emotional and spiritual benefits of Nia as you train your body from the inside out.

#### MOTR

The MOTR is a versatile and unique apparatus that gives you everything you need for a total body workout! In the Intro to MOTR class you will use the foam roller as the exercise platform which immediately challenges your balance and activates the core to stabilize, so that even the simplest of movements become a full-body experience. Barefeet or grippy socks requested. Sign up required as this class is limited to 12 participants

#### MOTR CIRCUIT

Maximize your workout in this circuit training class using the MOTR and various other equipment. Challenge your cardio, core, agility and strength in this high energy class! Sign up required as this class is limited to 12 participants.

#### STRONG CORE\*

30 minute Strong Core follows More Balance. This is an awareness-based core class utilizing a variety of props, such as bosu and swiss balls for those who want a Strong Core.

### MIND BODY

#### BODYBARRE

Balance, Core and Strength without any joint pounding – supplement the other exercise you are already doing to get even more result.

#### CORE PILATES\*

A Pilates class focusing on core stabilization and postural alignment. The class is taught both from the perspective of injury prevention as well as strength building to maximize the benefit.

#### DASSANAYAKA YOGA\*

Dassanayaka Yoga class provides guided meditations through vinyasa sequences of well-known hatha yoga postures. The class is designed to release you physically and emotionally from your self-imposed constraints to explore your life in true greatness.

#### ELASTIC BODY\*

Elastic Body will expand yssense of balance and the elasticity of the body. This mindful, low impact class blends the benefit of Pilates, yoga, Pilates Reformer, and utilizes a variety of props such as foam roller, yoga blocks.

#### EMBODIED PILATES\*

A meditative approach to Pilates movement. Throughput the class, you maintain your focus on getting in touch with our felt-sense of the body, relationship to gravity, and core as a coordination.

#### FLEXI-SPINE\*

This Pilates inspired class is a circuit style movement practice that is designed to provide flexible spine. Flexible spine is designed to make people feel younger.

#### GENTLE YOGA\*

In Gentle Yoga, you will move through the yoga poses (asana) slower than other yoga classes. The class is for all levels including beginners who are new to yoga practice and experience yogis who want to slow down to have a deeper practice.

#### IYENGAR-YOGA\*

Iyengar yoga emphasizes on detail, precision and alignment in the performance of-yoga-posture-and breath control. The development of strength, mobility and stability is gained through the postures.

#### MINDFUL FLOW YOGA\*

A physical Hatha class that allows your body, mind and spirit to move more freely by focusing on pranayama (breathwork), asana (postures), alignment and meditation in a flow inspired class.

#### MINDFULNESS MEDITATION\*

Mindfulness is a quality of awareness achieved by focused attention in the present moment. A regular mindfulness practice creates new brain connections and help our emotions become more resilient which leads to make effective choices in everyday life.

#### NEXTBARRE\*

A fitness system that strengthens and stretches all the major muscle groups in the body. NextBarre combines ballet barre work, core conditioning, tension band training, stretching, and orthopedic exercises through controlled movements safely.

#### THERAPEUTIC YOGA\*

Restorative movement taught through the lens of yoga. Students of all levels and bodies welcomed. Therapeutic yoga aims at restoring parts of your body that don't move as well.

#### VINYASA FLOW YOGA

This class is a progression of Mindful Flow class. The dynamic movement with your breath provides you mobility, flexibility, strength of the body and the concentration of the mind.

#### ROLL & RELEASE\*

This class is for you to open and lengthen the body by focusing on better mobility and flexibility. We will be using foam roller, and small ball to roll and release!

#### YOGA BALANCE FLOW\*

Yoga Balance Flow is a music-inspired and breath-driven movement class that provokes your 'internal rhythm', focusing on improving balance in a mindful space.

#### CUTTING EDGE MARTIAL ARTS\*

The class blends the five traditions of Shotokan, Jujitsu, Tae-Kwon-Do, Aikido, and Judo to bring you a challenging, ongoing program. Character development and physical conditioning are two important aspects and it gives you the opportunity, encouragement, and guidance to be the best they can be.

### CYCLING STUDIO

#### PURE POWER CYCLE\*

An exhilarating, body changing class that integrates music and motivation in a non-impact workout. A terrific cardiovascular and lower body workout for participants of all fitness levels! No cycling background needed. Come ride with us!

#### RHYTHM & RIDE\*

A high intensity cycle class rocking to the beat of music. A great class if you are up for a party. Experience a different ride!

### POOL

#### AQUA-FIT\*

A challenging and FUN water workout designed to increase cardiovascular endurance, muscle strength, muscular endurance, flexibility and well being. Includes conditioning with various water resistance tools, abdominal work and stretching. All levels welcome.

#### WATER WORKS\*

A spirited cardiovascular based movement working at your best level of fitness to strengthen the core improve your balance and coordination.

### PILATES REFORMER STUDIO

#### ADVANCED

This class is for those who are looking for more challenging work than the intermediate class, both in terms of strength and coordination.

#### INTERMEDIATE

The class is ideal for those who are familiar with the apparatus and have a physical activity background. Students will be able to strengthen and lengthen the body when they leave the class.

#### BEGINNERS

This class goes over the foundation of Pilates such as anatomical positions and breathing pattern. A great class for those who are new to Pilates Reformer as well as people with any physical limitation.

#### TRIO CIRCUIT

Pilates circuit training class using variety of equipments such as Reformer, Cadillac, Chair, MOTR, Bodhi Suspension Training etc. Limited to three people with special attention for those who want more!

#### MORE BALANCE PILATES REFORMER

This class emphasizes symmetry and balance in the body. Paying close attention to alignment, coordination, and control will be a main focus in this class. All levels will benefit, and you will feel stronger from the inside out

### • CLASSES WITH “ \* ” ARE SUITABLE FOR NOVICE EXERCISERS