

All classes are free for members

Descriptions are available online
Classes are 1 hour unless listed otherwise



Yoga
Fitness

Midtown

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM		Slow Burn w/ Katherine		Slow Flow w/ Maggie			
10:00 AM						All-Levels Hatha w/ Corey	
Noon		Climb Fit w/ Adam	Gentle w/ Kelly Z.				
5:30 PM	Acro (75 mins) w/ Dev & Caroline	Peak Fit: Performance w/ Eliana	Vinyasa (75 mins) W/ Laura	Flow & Glow w/ Corey	Vinyasa Flow w/ Corey		
6:00 PM							
7:00 PM		Restorative w/ Ana	Slow Burn w/ Katherine	Mobility Fit W/ Chris	Rocket Vinyasa (75 mins) w/ Marci		
8:00 PM							
8:30 PM							

North

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM				Hatha w/ Whitney			
10:00 AM							Sunday Bliss w/ Zelma
Noon					Peak Fit: Power w/ Eliana		
5:30 PM	Zen Flow w/ Hazel	Peak Fit: Stability w/ Eliana	Pilates Fit w/ Jody	Hatha Flow/Yin (75 mins) w/ Cricket	Hatha/ Myofascial Release w/ Jenni		
6:00 PM							
7:00 PM	Rocket Vinyasa (75 mins) w/ Marci		Inversion & Flexibility practice (75 mins) w/ Marci	Climb Fit w/ Adam			
8:00 PM							