


All classes are free for members

Descriptions are available online
Classes are 1 hour unless listed otherwise




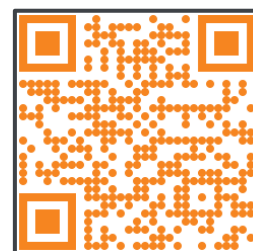
Yoga

Fitness



Midtown

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--|----------------------------|------------------------------------|--|--|--------|
| 7:00 AM | | | Strong Fit w/ Sebastian | | | | |
| 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 | | Flow & Glow w/ Corey | Vinyasa Flow w/ Corey | | Yoga Unleashed (Metal music) (75 mins) w/ Corey *See dates | |
| 6:00 PM | | Peak Fit: Performance w/ Eliana | | | | | |
| 7:00 PM | | Restorative w/ Ana | Slow Burn w/ Katherine | Mobility Fit w/ Sebastian | Rocket Vinyasa (75 mins) w/ Marci | | |
| 8:00 PM | <div> <div>*Yoga Unleashed will take place June 13th, August 8th, October 10th, & December 12th</div> <div>  </div> </div> | | | | | | |



| 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 | | |
| 2:00 PM | | | | | | Yogalates Fit w/ Kelly Z. | |
| 5:30 PM | Zen Flow w/ Hazel | | Pilates Fit w/ Jody | Hatha Flow/Yin (75 mins) w/ Cricket | Hatha/ Myofascial Release w/ Jenni | | |
| 6:00 PM | | Peak Fit: Stability w/ Eliana | | | | | |
| 7:00 PM | Rocket Vinyasa (75 mins) w/ Marci | | Inversion & Flexibility (75 mins) w/ Marci | Climb Fit w/ Adam | | | |
| 8:00 PM | | | | | | | |

