All classes are free for members

Descriptions are available online
Classes are 1 hour unless listed otherwise

Yoga	New/Moved
Fitness	

STONE AGE CLIMBING GYM

New Schedule Starts August 9th!

Midtown

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM			Strong Fit w/ Sebastian				
9:00 AM	All-Level Vinyasa w/ Laura	Slow Burn w/ Katherine		Slow Burn w/ Katherine			
10:00 AM							
Noon			Gentle w/ Kelly Z.				
5:30 PM		Yoga Sculpt w/ Cristin	Flow & Glow w/ Corey	Vinyasa Flow w/ Corey		Yoga Unleashed (Metal music) w/ Corey (75 mins) 6-7:15PM (Second Friday of Every Month)	
6:00 PM	Beginner Partner Acro (75 mins) w/ Dev & Caroline; Peak Fit: Performance w/ Eliana	Climb Fit w/ Adam			Climb Fit w/ Adam		
7:00 PM		Restorative w/ Ana	Boulder Jam w/ Staff	Rocket Vinyasa (75 mins) w/ Marci			
8:00 PM							

North

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM		Slow Flow w/ Cricket		Recovery Flow w/ Emma (75 Mins)			
10:00 AM						Slow Flow w/ Cricket (75 mins)	Sunday Bliss w/ Maile
Noon				Climb Fit w/ Adam			
4:00 PM					Peak Fit: Power w/ Eliana		
5:00 PM	Zen Flow w/ Hazel	Pilates Fit w/ Jody	Universal Yoga w/ Deidre	Hatha/ Myofascial Release w/ Jenni			
6:00 PM							
7:00 PM	Rocket Vinyasa (75 mins) w/ Marci		Inversion & Flexibility (75 mins) w/ Marci	Boulder Jam w/ Staff			
8:00 PM							