

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	All-Level Vinyasa w/ Laura	Slow Burn w/ Katherine		Slow Burn w/ Katherine			
10:00 AM							
Noon	Pilates Basics + Stretch w/ Kelly Z.		Gentle w/ Kelly Z.	Climb Fit w/ Adam			
5:30 PM		Yoga Sculpt w/ Cristin	Flow & Glow w/ Corey	Vinyasa Flow w/ Corey			
6:00 PM	Beginner Partner Acro (75 mins) w/ Dev & Caroline	Peak Fit: Performance w/ Eliana			Climb Fit w/ Adam		
7:00 PM		Restorative w/ Ana	Boulder Jam w/ Staff	Low & Slow w/ Kelly Z.			
8:00 PM				Rocket Vinyasa (75 mins) w/ Marci			

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