# All classes are free for members

**Descriptions are available online**
**Classes are 1 hour unless listed otherwise**

Stone Age Climbing Gym

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 | | 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 | | |
| 7:00 PM | | Restorative w/ Ana | Boulder Jam w/ Staff; Low & Slow w/Kelly Z. | 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/ 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 | Zen Flow w/ Hazel | Pilates Fit w/ Jody | Universal Yoga w/ Deidre | Hatha/ Myofascial Release w/ Jenni | | | |
| 6:00 PM | | Climb Fit w/ Adam | | | | | |
| 7:00 PM | | | Inversion & Flexibility (75 mins) w/ Marci | Boulder Jam w/ Staff | | | |
| 8:00 PM | | | | | | | |