



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 11:00 AM	6:00 – 6:50 AM	5:45 – 6:30 AM	6:00 – 6:50 AM	6:00 – 7:00 AM	7:00 – 7:50 AM
LEVEL 2 YOGA Meg	LEVEL 2 BOOTCAMP Amy	CYCLE Amy	LEVEL 2 BOOTCAMP Amy	SUNRISE YOGA Crystal	FULL BODY CONDITIONING Shirley
	7:00 – 7:50 AM	6:00 – 7:00 AM	8:30 – 9:30AM	9:00 – 10:00 AM	9:00 – 10:00 AM
	PILATES PLUS Shirley	SUNRISE YOGA Crystal	LEVEL 1 PILATES Meredith	LEVEL 2 PILATES MAT Cybil	LEVEL 1 PILATES MAT Meredith
		9:00 – 10:00 AM	5:30 – 6:30PM	12:00 – 1:00 PM	
		LEVEL 2 PILATES MAT Cybil	ZUMBA/POUND PARTY Halley	LEVEL 1 YOGA Meg	
		5:30 – 6:20 PM		5:30 – 6:25 PM	
		LEVEL 1 BOOTCAMP Gabe		LEVEL 2 BOOTCAMP Gabe	
		5:30 – 6:30 PM			
		LEVEL 2 YOGA Meg			

Bootcamp Level 1- Build your foundation with a fun, supportive workout focused on proper form, technique, and confidence. You'll learn the basics of strength, stamina, and mobility using bodyweight, resistance bands, and light weights—with plenty of modifications to match your fitness level. This class is designed to teach, encourage, and help you progress safely while still breaking a sweat!

Bootcamp Level 2- Push past your limits with this high-energy workout designed to build strength, stamina, and mental grit. Using free weights, resistance bands, and bodyweight, you'll power through circuits, Tabata, and agility drills that challenge balance, speed, and endurance. This class is all about stepping out of your comfort zone, training smarter, and getting results—perfect for those ready to take their fitness to the next level.

Cycle- End your Monday on a high note with Amy or start your day right with Azure for their cycle classes designed to challenge your cardiovascular endurance and leave you feeling energized. With motivating music and an upbeat atmosphere, you'll push your limits, burn calories, and improve your stamina, all while building strength in your legs, core, and lower body. Perfect for all fitness levels, this class will help you reset after the workday or set the tone for the day ahead.

Multilevel Yoga- An energizing class with modifications and variations so all levels feel welcome. Strength, stretch, and balance, modifications make it supportive for all participants.

Pilates Plus- A dynamic Mat Pilates class enhanced with resistance bands, targeted stretches, and mobility exercises to take your practice further. Strengthen your core, improve flexibility, and increase joint mobility while moving through sequences that challenge balance and body control. Modifications are provided so this class is accessible to all levels, making it perfect for those looking to deepen their practice and feel energized.

Pilates level 1- A beginner-friendly Mat Pilates class designed to build a strong foundation while giving you a full-body, energizing workout. Focus on learning the basics, proper form, and alignment as you move through mat exercises that strengthen your core, improve flexibility, and enhance overall body awareness. Modifications are offered to make it accessible for all fitness levels while keeping you engaged and challenged

Pilates Level 2- Take your Mat Pilates practice to the next level with a class designed to challenge strength, stability, and flexibility. You'll flow through more dynamic exercises and sequences that target the core, improve posture, and enhance full-body control. Modifications are offered as needed, but a basic understanding of Pilates fundamentals is recommended for this energizing, results-focused workout

Yoga Level 1- Revitalize your body, relax your mind, and reduce stress in this yoga class. standing flows and floor poses will help to increase your strength and stability and improve breath capacity. This class will also improve flexibility and restores joint range of motion. A variety of pose options are offered based on the needs of the class. This class is for good for all levels of fitness.

Yoga Level 2- An energizing, athletic-style yoga class designed to challenge strength, stamina, and flexibility. Expect powerful flows, longer holds, and creative transitions that feel like both a workout and a moving meditation. This class builds heat, balance, and core stability while refining alignment—perfect for those ready to sweat, strengthen, and stretch beyond the basics.

Zumba/Pound Party- A high-energy Zumba/Pound combo class that combines easy-to-follow dance cardio with powerful, rhythm-based drumming movements for a total-body workout. Burn calories, build strength, and boost endurance while moving to upbeat music in a fun, motivating atmosphere. Perfect for all fitness levels—come ready to sweat, smile, and feel empowered.