



EVERFIT AM CLASS SCHEDULE

CLASSROOM KEY		
CC: CYCLE CLUB	RS: ROOFTOP STUDIO	VS: VITALITY STUDIO
CS: CORE STUDIO	RD: ROOFTOP DECK	

MONDAY

6:00 AM (CC) SUNRISE CYCLE STEPHANIE	7:00 AM (CC) REBEL RIDE CYCLE JOJO	7:15 AM (RS) REFORMER PILATES FLOW BRI	8:15 AM (RS) REFORMER PILATES FLOW BRI	8:30 AM (CC) SUMMER CYCLE KICKOFF TRACI/STEPH 05/26 HOLIDAY POP-UP!	8:30 AM (VS) STRETCH & TONE SUMMER	9:30 AM (VS) MEMORIAL DAY MAX OUT CLAUDIA 05/26 HOLIDAY POP-UP!	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (CS) CLASSIC BARRE ROBSON
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TUESDAY

6:00 AM (VS) TOTAL BODY RESET SUMMER	6:15 AM (RS) REFORMER PILATES FLOW BRI	7:15 AM (RS) REFORMER PILATES FLOW BRI	8:15 AM (RS) REFORMER PILATES FLOW BRI	8:30 AM (VS) DYNAMIC STRENGTH SAM	9:30 AM (CC) POWER BEAT CYCLE ELIZABETH	9:30 AM (CS) CLASSIC BARRE JOJO	9:30 AM (VS) MAT PILATES JODI	10:30 AM (VS) FOREVER STRONG DIANNA	11:30 AM (CS) BARRE TECHNIQUE DIANNA
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WEDNESDAY

6:00 AM (CC) SUNRISE CYCLE STEPHANIE	7:15 AM (RS) REFORMER PILATES FLOW BRI	8:15 AM (RS) REFORMER PILATES FLOW BRI	8:30 AM (VS) DYNAMIC STRENGTH SAM	9:30 AM (CS) CLASSIC BARRE ROBSON	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (CS) CLASSIC BARRE ROBSON
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THURSDAY

6:00 AM (VS) POWER SCULPT TRACI	6:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	7:15 AM (CS) BARRE BLEND TRACI	7:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	8:15 AM (RS) ATHLETIC REFORMER PILATES DAKOTA	8:30 AM (VS) DYNAMIC STRENGTH SAM	9:30 AM (CC) POWER BEAT CYCLE ELIZABETH	9:30 AM (VS) MAT PILATES JODI	10:30 AM (VS) FOREVER STRONG DIANNA	11:30 AM (CS) BARRE TECHNIQUE DIANNA
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FRIDAY

6:00 AM (CC) SUNRISE CYCLE TRACI	6:00 AM (VS) HIIT CLAUDIA	7:00 AM (CC) REBEL RIDE CYCLE JOJO	7:15 AM (RS) REFORMER PILATES FLOW TRACI	8:30 AM (CS) CLASSIC BARRE ROBSON	8:30 AM (VS) HIIT BOXING SUMMER	9:30 AM (RS) REFORMER PILATES FLOW BRI	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (RS) REFORMER PILATES FLOW BRI
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SATURDAY

7:30 AM (RS) REFORMER PILATES FLOW STEPHANIE	8:30 AM (CC) POWER BEAT CYCLE STEPHANIE	8:30 AM (RS) ATHLETIC REFORMER PILATES DAKOTA 05/10 & 05/24 POP-UPS!	8:30 AM (CS) BARRE BLEND TRACI	9:30 AM (CC) TURN IT UP CYCLE TRACI	9:30 AM (RS) REFORMER PILATES FLOW CLAUDIA
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SUNDAY

7:30 AM (RS) REFORMER PILATES FLOW CLAUDIA	8:30 AM (CC) POWER BEAT CYCLE CLAUDIA	8:30 AM (VS/RD*) YOGA POWER FLOW ELIZABETH *05/18 POP-UP!	9:30 AM (CS) CLASSIC BARRE ROBSON	9:30 AM (VS) DYNAMIC STRENGTH SAM	10:30 AM (VS) ZUMBA ROBSON
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EVERFIT PM CLASS SCHEDULE

CLASSROOM KEY		
CC: CYCLE CLUB	RS: ROOFTOP STUDIO	VS: VITALITY STUDIO
CS: CORE STUDIO	RD: ROOFTOP DECK	

MONDAY

3:30 PM (RS) ATHLETIC REFORMER PILATES DAKOTA 05/05 & 05/12 POP-UPS!	4:30 PM (RS) REFORMER PILATES FLOW TRACI	5:30 PM (CS) BARRE BLEND TRACI	5:30 PM (VS) HIIT BOXING SUMMER	6:30 PM (CC) POWER BEAT CYCLE TRACI	6:30 PM (VS) XTREME FIT CLAUDIA	7:30 PM (VS) YOGA POWER FLOW ELIZABETH
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TUESDAY

12:30 PM (VS) RESTORATIVE STRETCH DIANNA	5:15 PM (RS) REFORMER PILATES FLOW ELIZABETH	5:30 PM (VS) MAT PILATES STEPHANIE	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE	6:30 PM (VS) HIIT DIANNA	7:30 PM (CS) BARRE BLEND CLAUDIA
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WEDNESDAY

12:30 PM (CC) REBEL RIDE CYCLE JOJO	4:30 PM (RS) REFORMER PILATES FLOW STEPHANIE	5:30 PM (CS) BARRE TECHNIQUE DIANNA	5:30 PM (VS) POWER SCULPT TRACI	6:30 PM (CC) POWER BEAT CYCLE TRACI	6:30 PM (CS) CLASSIC BARRE ROBSON	6:30 PM (RS) REFORMER PILATES FLOW ELIZABETH	7:30 PM (RS) REFORMER PILATES FLOW ELIZABETH	7:30 PM (VS) ZUMBA ROBSON
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THURSDAY

12:30 PM (VS) RESTORATIVE STRETCH DIANNA	3:30 PM (RS) ATHLETIC REFORMER PILATES DAKOTA	4:30 PM (RS) ATHLETIC REFORMER PILATES DAKOTA	5:30 PM (RS) REFORMER PILATES FLOW ELIZABETH	5:30 PM (VS) MAT PILATES STEPHANIE	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE	6:30 PM (RS) REFORMER PILATES FLOW ELIZABETH	6:30 PM (VS) HIIT DIANNA	7:30 PM (VS/RD*) ADVANCED YOGA POWER FLOW ELIZABETH <i>*05/08 POP-UP!</i>
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FRIDAY

6:30 PM (VS) DISCO BOXING SUMMER 05/02 POP-UP!	6:30 PM (CC) RHYTHM RIDE CYCLE ELIZABETH 05/16 POP-UP!
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SATURDAY

SUNDAY



EVERFIT CLASS DESCRIPTIONS

ADVANCED YOGA POWER FLOW	Further your practice with advanced poses that challenge your strength, balance, and flexibility, focusing on complex inversions and deep core work.
ATHLETIC REFORMER PILATES	Elevate your fitness with a dynamic fusion of strength, flexibility, and athletic conditioning on the Pilates reformer machine.
BARRE BLEND	Blend ballet-inspired movements with Pilates, strength training, and cardio for a full body workout that sculpts and tones with every session.
BARRE TECHNIQUE	Fuse ballet-inspired movements with strength training and cardio for a full body workout that tones, sculpts, and energizes.
CLASSIC BARRE	Experience the elegance of ballet with classic barre exercises that enhance strength, flexibility, and grace for a toned and sculpted physique.
DYNAMIC STRENGTH	Boost your performance by blending functional fitness with strength and conditioning exercises to prepare for practical, real-world scenarios.
FOREVER STRONG	A low-impact class designed to build strength, flexibility, joint stability, and mobility; keeping you functional and vibrant for everyday life.
HIIT	H.I.I.T: High Intensity Interval Training. Get your heart rate up through explosive bursts and recovery for maximum calorie burn and endurance.
HIIT BOXING	Combine conditioning drills, punches, and kicks with HIIT intervals to boost strength, endurance, and agility; all while torching calories.
MAT PILATES	Focus on strength, stability, breath control, and flexibility by leveraging your body weight during this slower paced, mat-based Pilates class.
POWER BEAT CYCLE	Ignite your ride with a high energy class packed with intense intervals and electrifying beats to push your limits and supercharge your workout.
POWER SCULPT	Maximize your workout with a powerful class that combines strength training and sculpting moves to build muscle and enhance your physique.
REBEL RIDE CYCLE	Defy the ordinary with intense intervals and heavy rock beats. WARNING: Expect a raw, rebellious playlist with explicit tracks that'll push your limits.
REFORMER PILATES FLOW	Experience a seamless blend of flowing movements and controlled resistance on the Pilates reformer, enhancing strength, flexibility, and core stability.
RESTORATIVE STRETCH	Release tension, improve flexibility, and aid recovery with mindful stretches and foam rollers for relaxation, balance, and overall body restoration.
STRETCH & TONE	Revitalize your routine with a full-body stretch and mobility class designed to strengthen your core and enhance functional movement!
SUNRISE CYCLE	Start your day with an invigorating cycling class that combines rhythmic rides and energizing intervals for a refreshing, full body workout.
TOTAL BODY RESET	Using muscles from head to toe, this low impact strength/mobility/cardio combo class will leave you feeling energized and ready for the day!
TURN IT UP CYCLE	Push your limits with a dynamic cycling class featuring intense intervals and energizing beats for a powerful, full body workout.
VINYASA FLOW	Find the connection between breath, mind, and movement, and feel aligned and rejuvenated after this restorative Vinyasa yoga class.
XTREME FIT	Challenge yourself through a series of circuit training, endurance, and strength exercises to improve cardiovascular health and boost metabolism.
YOGA POWER FLOW	Build a strong mind-body connection by incorporating yoga poses that focus on core, inversions, and balancing.
ZUMBA®	Ignite your passion for movement with an energetic dance class that blends fun, fitness, and rhythm to boost your confidence and coordination.