

CLASSROOM KEY

CC: CYCLE CLUB **RD:** ROOFTOP DECK **VS:** VITALITY STUDIO
PS: PILATES STUDIO **RS:** ROOFTOP STUDIO

MONDAY

6:00 AM (CC) SUNRISE STEPHANIE	6:15 AM (PS) REFORMER PILATES FLOW BRI	7:00 AM (CC) REBEL RIDE CYCLE JOJO	7:15 AM (PS) REFORMER PILATES FLOW BRI	8:15 AM (PS) REFORMER PILATES FLOW BRI	8:30 AM (VS) RESTORATIVE STRETCH SUMMER	9:15 AM (PS) REFORMER PILATES FLOW BRI	9:30 AM (VS) POWER-UP CIRCUIT JALEN <i>NEW CLASS!</i>	10:30 AM (RS) CLASSIC BARRE ROBSON	10:30 AM (VS) VINYASA FLOW REAGAN
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TUESDAY

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

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

6:00 AM (VS) SCULPTLAB TRACI	6:15 AM (PS) ATHLETIC REFORMER PILATES DAKOTA	7:15 AM (RS) BARRE BLEND TRACI	7:15 AM (PS) ATHLETIC REFORMER PILATES DAKOTA	8:15 AM (PS) 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 (PS) REFORMER PILATES FLOW JODI	10:30 AM (VS) FOREVER STRONG DIANNA	11:30 AM (RS) 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 (PS) REFORMER PILATES FLOW TRACI	8:30 AM (RS) CLASSIC BARRE ROBSON	8:30 AM (VS) KICKBOXING CIRCUIT SUMMER	9:30 AM (PS) REFORMER PILATES FLOW BRI	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (PS) REFORMER PILATES FLOW BRI
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SATURDAY

7:30 AM (PS) REFORMER PILATES FLOW STEPHANIE	8:30 AM (CC) POWER BEAT CYCLE STEPHANIE	8:30 AM (RS) BARRE BLEND TRACI	8:30 AM (VS) POWER-UP CIRCUIT JALEN <i>NEW CLASS!</i>	9:30 AM (CC) TURN IT UP CYCLE TRACI	9:30 AM (PS) REFORMER PILATES FLOW CLAUDIA	9:30 AM (VS) HIIT BOXING SUMMER	10:30 AM (PS) REFORMER PILATES FLOW CLAUDIA
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SUNDAY

7:30 AM (PS) REFORMER PILATES FLOW CLAUDIA	8:30 AM (CC) POWER BEAT CYCLE CLAUDIA	8:30 AM (VS) YOGA POWER FLOW ELIZABETH	9:30 AM (RS) CLASSIC BARRE ROBSON	9:30 AM (VS) DYNAMIC STRENGTH SAM	10:30 AM (VS) ZUMBA ROBSON
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CLASSROOM KEY

CC: CYCLE CLUB **RD:** ROOFTOP DECK **VS:** VITALITY STUDIO
PS: PILATES STUDIO **RS:** ROOFTOP STUDIO

MONDAY

4:30 PM (PS) REFORMER PILATES FLOW TRACI	5:30 PM (RS) 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/RD*) YOGA POWER FLOW ELIZABETH <i>*09/08 & 09/22 POP-UPS!</i>
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TUESDAY

12:30 PM (VS) RESTORATIVE STRETCH DIANNA	4:30 PM (PS) REFORMER PILATES FLOW ELIZABETH	5:30 PM (PS) REFORMER PILATES FLOW ELIZABETH	5:30 PM (VS) MAT PILATES STEPHANIE	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE	6:30 PM (VS) RESTORATIVE STRETCH DIANNA	7:30 PM (RS) BARRE BLEND CLAUDIA
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WEDNESDAY

12:30 PM (CC) REBEL RIDE CYCLE JOJO	4:30 PM (PS) REFORMER PILATES FLOW STEPHANIE	5:30 PM (RS) BARRE TECHNIQUE DIANNA	5:30 PM (VS) SCULPTLAB TRACI	6:30 PM (CC) POWER BEAT CYCLE TRACI	6:30 PM (RS) CLASSIC BARRE ROBSON	6:30 PM (PS) REFORMER PILATES FLOW ELIZABETH	7:30 PM (PS) 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 (PS) ATHLETIC REFORMER PILATES DAKOTA	4:30 PM (PS) ATHLETIC REFORMER PILATES DAKOTA	5:30 PM (PS) REFORMER PILATES FLOW ELIZABETH	5:30 PM (VS) MAT PILATES STEPHANIE	6:30 PM (CC) POWER BEAT CYCLE STEPHANIE	6:30PM (PS) REFORMER PILATES FLOW ELIZABETH	6:30PM (VS) HIIT DIANNA	7:30PM (VS) ADVANCED YOGA POWER FLOW ELIZABETH
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FRIDAY

SATURDAY

SUNDAY

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.
KICKBOXING CIRCUIT	Kick it up a notch with this circuit-based kickboxing class! Build strength, endurance, and agility in a fun, total-body workout.
LOW IMPACT BURN	Using muscles from head to toe, this low impact strength/mobility/cardio combo class will leave you feeling energized and ready for the day.
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-UP CIRCUIT	Power through a station-based circuit of strength, cardio, and functional movements to amplify endurance, power, and overall performance.
REBEL RIDE CYCLE	Defy the ordinary with intense intervals and heavy rock beats. WARNING: Expect a raw, rebellious playlist with <i>explicit</i> 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	Revitalize your routine with targeted stretching and foam rolling techniques to release tension, support functional movement, and aid overall body restoration.
SCULPTLAB	Maximize your results with a powerful full-body workout that combines strength training and conditioning to sculpt lean muscle and enhance your physique.
SUNRISE CYCLE	Start your day with an invigorating cycling class that combines rhythmic rides and energizing intervals for a refreshing, full body workout.
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.