



EVERFIT AM CLASS SCHEDULE

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

MONDAY

6:00 AM (CC) SUNRISE RIDE STEPHANIE	6:00 AM (VS) HIIT- STRENGTH CLAUDIA	7:15 AM (CC) EVERFIT RIDE SUMMER	8:15 AM (PS) PILATES REFORMER LACEY	8:30 AM (VS) CORE BOXING ELIZABETH	9:15 AM (PS) PILATES REFORMER LACEY	9:30 AM (VS) VINYASA FLOW REAGAN	10:30 AM (RS) CLASSIC BARRE ROBSON	10:30 AM (VS) POWER CIRCUIT OLIVIA
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TUESDAY

6:15 AM (PS) PILATES REFORMER BRI	7:15 AM (PS) PILATES REFORMER BRI	8:15 AM (PS) PILATES REFORMER BRI	8:30 AM (VS) FUNCTIONAL STRENGTH TERRY	9:30 AM (CC) POWER BEAT RIDE LIZZY	9:30 AM (VS) PILATES MAT BRI	10:30 AM (PS) PILATES REFORMER BRI	10:30 AM (VS) FOREVER STRONG DIANNA	11:30 AM (RS) BARRE FOUNDATION DIANNA
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WEDNESDAY

6:00 AM (CC) SUNRISE RIDE STEPHANIE	6:00 AM (VS) HIIT- STRENGTH CLAUDIA	6:15 AM (PS) ATHLETIC REFORMER DAKOTA	7:15 AM (CC) EVERFIT RIDE SUMMER	7:15 AM (PS) PILATES REFORMER BRI	8:15 AM (PS) PILATES REFORMER BRI	8:30 AM (VS) CORE BOXING ELIZABETH	9:15 AM (PS) PILATES REFORMER BRI	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (RS) CLASSIC BARRE ROBSON
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THURSDAY

6:15 AM (PS) ATHLETIC REFORMER DAKOTA	7:15 AM (PS) ATHLETIC REFORMER DAKOTA	8:15 AM (PS) ATHLETIC REFORMER DAKOTA	8:30 AM (VS) FUNCTIONAL STRENGTH TERRY	9:15 AM (PS) PILATES REFORMER LACEY	9:30 AM (CC) POWER BEAT RIDE LIZZY	10:15 AM (PS) PILATES REFORMER LACEY	10:30 AM (VS) FOREVER STRONG DIANNA	11:30 AM (RS) BARRE FOUNDATION DIANNA
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FRIDAY

6:00 AM (CC) SUNRISE RIDE TRACI	7:15 AM (CC) EVERFIT RIDE SUMMER	7:15 AM (PS) PILATES REFORMER TRACI	8:30 AM (RS) CLASSIC BARRE ROBSON	8:30 AM (VS) CORE BOXING ELIZABETH	9:30 AM (PS) PILATES REFORMER BRI	9:30 AM (VS) VINYASA FLOW TATIANA	10:30 AM (PS) BEGINNER REFORMER BRI
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SATURDAY

7:15 AM (PS) PILATES REFORMER STEPHANIE	8:15 AM (CC) POWER BEAT RIDE STEPHANIE	8:30 AM (RS) BARRE FUSION TRACI	8:30 AM (VS) POWER CIRCUIT OLIVIA	9:30 AM (CC) POWER BEAT RIDE TRACI	9:30 AM (PS) PILATES REFORMER CLAUDIA	9:30 AM (VS) CORE BOXING ELIZABETH	10:30 AM (PS) PILATES REFORMER CLAUDIA	10:30 AM (VS) VINYASA FLOW REAGAN
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SUNDAY

7:30 AM (PS) PILATES REFORMER CLAUDIA	8:30 AM (CC) POWER BEAT RIDE CLAUDIA	8:30 AM (VS) POWER YOGA LIZZY	9:30 AM (RS) CLASSIC BARRE ROBSON	10:30 AM (VS) ZUMBA ROBSON
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EVERFIT PM CLASS SCHEDULE

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

MONDAY

12:30 PM (PS) PILATES REFORMER MCKINSEY	1:30 PM (PS) PILATES REFORMER MCKINSEY	4:30 PM (PS) PILATES REFORMER TRACI	5:30 PM (RS) BARRE FUSION TRACI	5:30 PM (VS) SCULPT DIANNA	6:30 PM (CC) POWER BEAT RIDE TRACI	6:30 PM (PS) PILATES REFORMER DIANNA	6:30 PM (VS) PILATES MAT TERRY	7:30 PM (VS) POWER YOGA LIZZY
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TUESDAY

12:30 PM (VS) RESTORE + RESET DIANNA	1:30 PM (PS) PILATES REFORMER DIANNA	4:30 PM (PS) PILATES REFORMER LIZZY	5:30 PM (CC) EVERFIT RIDE NICOLE	5:30 PM (PS) PILATES REFORMER LIZZY	5:30 PM (VS) PILATES MAT STEPHANIE	6:30 PM (CC) POWER BEAT RIDE STEPHANIE	6:30 PM (VS) SCULPT DIANNA	7:30 PM (RS) BARRE FUSION CLAUDIA
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WEDNESDAY

12:30 PM (PS) PILATES REFORMER MCKINSEY	1:30 PM (PS) PILATES REFORMER MCKINSEY	5:30 PM (PS) PILATES REFORMER LIZZY	5:30 PM (VS) SCULPT DIANNA	6:30 PM (CC) POWER BEAT RIDE TRACI	6:30 PM (PS) PILATES REFORMER LIZZY	6:30 PM (RS) CLASSIC BARRE ROBSON	6:30 PM (VS) PILATES MAT TERRY	7:30 PM (PS) PILATES REFORMER LIZZY	7:30 PM (VS) ZUMBA ROBSON
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THURSDAY

12:30 PM (VS) RESTORE + RESET DIANNA	1:30 PM (PS) PILATES REFORMER DIANNA	5:30 PM (CC) EVERFIT RIDE NICOLE	5:30 PM (VS) PILATES MAT STEPHANIE	6:30 PM (PS) PILATES REFORMER STEPHANIE	6:30PM (VS) SCULPT DIANNA	7:30PM (VS) POWER YOGA+ LIZZY
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FRIDAY

6:30 PM (PS)
PILATES
REFORMER
DIANNA

SATURDAY

SUNDAY



EVERFIT CLASS DESCRIPTIONS

The following classes take place in our **PILATES STUDIO (PS)**. These classes may be booked up to 24 hours in advance.

ATHLETIC REFORMER	High-intensity reformer training built for strength, control, and performance.
BEGINNER REFORMER	An introduction to reformers, emphasizing fundamentals, control, and proper form.
PILATES MAT	Controlled, mat-based Pilates for strength, stability, and breath.
PILATES REFORMER	Fluid reformer sequences to build strength, mobility, and control.

The following classes take place in our **ROOFTOP STUDIO (RS)**. These classes may be booked up to 3 days in advance.

BARRE FOUNDATION	Precision-based barre focusing on form, strength, and control.
BARRE FUSION	Traditional barre for total-body toning, flexibility, and posture.
CLASSIC BARRE	Ballet-inspired sculpting blended with strength and core.

The following classes take place in our **CYCLE CLUB (CC)**. These classes may be booked up to 3 days in advance.

EVERFIT RIDE	Coach-led cycle with gear, RPM, and interval cues that drive results.
POWER BEAT RIDE	Intervals driven by rhythm and synced to high-energy music.
SUNRISE RIDE	Energizing morning ride to jump-start your day.

The following classes take place in our **VITALITY STUDIO (VS)**. These classes may be booked up to 5 days in advance.

POWER YOGA	Strength-focused yoga with core work, balance, and inversions.
POWER YOGA+	Advanced, strength-driven yoga with inversions, balance, and deep core work.
RESTORE + RESET	Stretching and foam rolling to recover, move better, and reset.
VINYASA FLOW	Breath-led movement to restore balance, focus, and flow.
CORE BOXING	Build a foundation in boxing by mixing technique with strength and conditioning.
FOREVER STRONG	Low-impact strength and mobility to keep you capable and resilient.
FUNCTIONAL STRENGTH	Using weights and training core to improve mobility and daily performance.
POWER CIRCUIT	Station-based strength and cardio for total performance gains.
SCULPT	Focused strength training designed to build lean, defined muscle.
ZUMBA®	High-energy dance cardio that's fun, sweaty, and effective.