



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
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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 (PS) PILATES REFORMER 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 (PS) PILATES REFORMER 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) PILATES 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	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	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 SUMMER	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	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 SUMMER	5:30 PM (VS) PILATES MAT STEPHANIE	6:30 PM (PS) PILATES REFORMER STEPHANIE	6:30 PM (VS) SCULPT DIANNA	7:30 PM (VS) POWER YOGA+ LIZZY
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FRIDAY

6:30 PM (VS) PILATES MAT 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.
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.

PILATES MAT	Controlled, mat-based Pilates for strength, stability, and breath.
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.
SCULPT	Focused strength training designed to build lean, defined muscle.
ZUMBA®	High-energy dance cardio that's fun, sweaty, and effective.