



# EVERFIT AM CLASS SCHEDULE

<b>CLASSROOM KEY</b>		
<b>CC:</b> CYCLE CLUB	<b>SVS:</b> SKY VIEW STUDIO	<b>VS:</b> VITALITY STUDIO
<b>PS:</b> PILATES STUDIO	<b>SVD:</b> SKY VIEW DECK	

## MONDAY

<b>6:00 AM (CC)</b> SUNRISE RIDE STEPHANIE	<b>6:00 AM (VS)</b> HIIT- STRENGTH CLAUDIA	<b>7:15 AM (CC)</b> EVERFIT RIDE SUMMER	<b>8:15 AM (PS)</b> PILATES REFORMER LACEY	<b>8:30 AM (VS)</b> CORE BOXING ELIZABETH	<b>9:15 AM (PS)</b> PILATES REFORMER LACEY	<b>9:30 AM (VS)</b> VINYASA FLOW REAGAN	<b>10:30 AM (SVS)</b> CLASSIC BARRE ROBSON
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## TUESDAY

<b>6:15 AM (PS)</b> PILATES REFORMER BRI	<b>7:15 AM (PS)</b> PILATES REFORMER BRI	<b>8:15 AM (PS)</b> PILATES REFORMER BRI	<b>8:30 AM (VS)</b> FUNCTIONAL STRENGTH TERRY	<b>9:30 AM (CC)</b> POWER BEAT RIDE LIZZY	<b>9:30 AM (VS)</b> PILATES MAT BRI	<b>10:30 AM (PS)</b> PILATES REFORMER BRI	<b>10:30 AM (VS)</b> FOREVER STRONG DIANNA	<b>11:30 AM (PS)</b> PILATES REFORMER DIANNA
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## WEDNESDAY

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

<b>6:15 AM (PS)</b> ATHLETIC REFORMER DAKOTA	<b>7:15 AM (PS)</b> ATHLETIC REFORMER DAKOTA	<b>8:15 AM (PS)</b> ATHLETIC REFORMER DAKOTA	<b>8:30 AM (VS)</b> FUNCTIONAL STRENGTH TERRY	<b>9:15 AM (PS)</b> PILATES REFORMER LACEY	<b>9:30 AM (CC)</b> POWER BEAT RIDE LIZZY	<b>10:15 AM (PS)</b> PILATES REFORMER LACEY	<b>10:30 AM (VS)</b> FOREVER STRONG DIANNA	<b>11:30 AM (PS)</b> PILATES REFORMER DIANNA
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## FRIDAY

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

<b>7:15 AM (PS)</b> PILATES REFORMER STEPHANIE	<b>8:15 AM (CC)</b> POWER BEAT RIDE STEPHANIE	<b>8:30 AM (SVS)</b> BARRE FUSION TRACI	<b>9:30 AM (CC)</b> POWER BEAT RIDE TRACI	<b>9:30 AM (PS)</b> PILATES REFORMER CLAUDIA	<b>9:30 AM (VS)</b> CORE BOXING ELIZABETH	<b>10:30 AM (PS)</b> PILATES REFORMER CLAUDIA	<b>10:30 AM (VS)</b> VINYASA FLOW REAGAN
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## SUNDAY

<b>7:30 AM (PS)</b> PILATES REFORMER CLAUDIA	<b>8:30 AM (CC)</b> POWER BEAT RIDE CLAUDIA	<b>8:30 AM (VS)</b> POWER YOGA LIZZY	<b>8:30 AM (SVD)</b> SOLSTICE POWER FLOW LIZZY <i>06/21 POP-UP!</i>	<b>9:30 AM (SVS)</b> CLASSIC BARRE ROBSON	<b>10:30 AM (VS)</b> ZUMBA ROBSON
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# EVERFIT<sup>™</sup> PM CLASS SCHEDULE

CLASSROOM KEY		
CC: CYCLE CLUB	SVS: SKY VIEW STUDIO	VS: VITALITY STUDIO
PS: PILATES STUDIO	SVD: SKY VIEW DECK	

## MONDAY

<b>12:30 PM (PS)</b> PILATES REFORMER MCKINSEY	<b>1:30 PM (PS)</b> PILATES REFORMER MCKINSEY	<b>4:30 PM (PS)</b> PILATES REFORMER TRACI	<b>5:30 PM (SVS)</b> BARRE FUSION TRACI	<b>5:30 PM (VS)</b> SCULPT DIANNA	<b>6:30 PM (CC)</b> POWER BEAT RIDE TRACI	<b>6:30 PM (PS)</b> PILATES REFORMER DIANNA	<b>7:30 PM (VS)</b> POWER YOGA LIZZY
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## TUESDAY

<b>12:30 PM (VS)</b> RESTORE + RESET DIANNA	<b>1:30 PM (PS)</b> PILATES REFORMER DIANNA	<b>4:30 PM (PS)</b> PILATES REFORMER LIZZY	<b>5:30 PM (CC)</b> EVERFIT RIDE SUMMER	<b>5:30 PM (PS)</b> PILATES REFORMER LIZZY	<b>5:30 PM (VS)</b> PILATES MAT STEPHANIE	<b>6:30 PM (CC)</b> POWER BEAT RIDE STEPHANIE	<b>6:30 PM (VS)</b> SCULPT DIANNA	<b>7:30 PM (SVS)</b> BARRE FUSION CLAUDIA
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## WEDNESDAY

<b>12:30 PM (PS)</b> PILATES REFORMER MCKINSEY	<b>1:30 PM (PS)</b> PILATES REFORMER MCKINSEY	<b>5:30 PM (PS)</b> PILATES REFORMER LIZZY	<b>5:30 PM (SVS)</b> STRENGTH + MAT PILATES TRACI <i>WEEKLY POP-UP!</i>	<b>5:30 PM (VS)</b> SCULPT DIANNA	<b>6:30 PM (CC)</b> POWER BEAT RIDE TRACI	<b>6:30 PM (PS)</b> PILATES REFORMER LIZZY	<b>6:30 PM (SVS)</b> CLASSIC BARRE ROBSON	<b>7:30 PM (PS)</b> PILATES REFORMER LIZZY	<b>7:30 PM (VS)</b> ZUMBA ROBSON
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## THURSDAY

<b>12:30 PM (VS)</b> RESTORE + RESET DIANNA	<b>1:30 PM (PS)</b> PILATES REFORMER DIANNA	<b>5:30 PM (CC)</b> EVERFIT RIDE SUMMER	<b>5:30 PM (VS)</b> PILATES MAT STEPHANIE	<b>6:30 PM (PS)</b> PILATES REFORMER STEPHANIE	<b>6:30 PM (VS)</b> SCULPT DIANNA	<b>7:30 PM (VS/SVD)</b> POWER YOGA+ LIZZY <i>06/04 &amp; 06/18 POP-UP!</i>
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## FRIDAY

<b>6:30 PM (VS)</b> PILATES MAT DIANNA
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## 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.

<b>ATHLETIC REFORMER</b>	High-intensity reformer training built for strength, control, and performance.
<b>PILATES REFORMER</b>	Fluid reformer sequences to build strength, mobility, and control.

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

<b>BARRE FUSION</b>	Traditional barre for total-body toning, flexibility, and posture.
<b>CLASSIC BARRE</b>	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.

<b>EVERFIT RIDE</b>	Coach-led cycle with gear, RPM, and interval cues that drive results.
<b>POWER BEAT RIDE</b>	Intervals driven by rhythm and synced to high-energy music.
<b>SUNRISE RIDE</b>	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.

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