EVERFIT AM CLASS SCHEDULE

CLASSROOM KEY

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

MONDAY

6:00 AM (CC) **RHYTHM RIDE** STEPHANIE	**6:00 AM (VS)** **HIIT-STRENGTH** CLAUDIA	**7:15 AM (CC)** **EVERFIT RIDE** SUMMER	**8:15 AM (PS)** **REFORMER PILATES** LACEY	**8:30 AM (VS)** **CORE BOXING** TOM	**9:15 AM (PS)** **REFORMER PILATES** LACEY	**9:30 AM (CC)** **RHYTHM RIDE** LIZZY	**9:30 AM (VS)** **VINYASA FLOW** REAGAN	**10:30 AM (SVS)** **CLASSIC BARRE** ROBSON

TUESDAY

6:15 AM (PS) **REFORMER PILATES** LIZZY	**7:15 AM (PS)** **REFORMER PILATES** BRI	**8:15 AM (PS)** **REFORMER PILATES** BRI	**8:30 AM (VS)** **FUNCTIONAL STRENGTH** TERRY	**9:15 AM (PS)** **REFORMER PILATES** ANGEL	**9:30 AM (CC)** **EVERFIT RIDE** EMILY	**9:30 AM (VS)** **MAT PILATES** TERRY	**10:15 AM (PS)** **REFORMER PILATES** ANGEL	**10:30 AM (VS)** **FOREVER STRONG** DIANNA	**11:30 AM (PS)** **REFORMER PILATES** DIANNA

WEDNESDAY

6:00 AM (CC) **RHYTHM RIDE** STEPHANIE	**6:00 AM (VS)** **HIIT-STRENGTH** CLAUDIA	**6:15 AM (PS)** **REFORMER PILATES** LIZZY	**7:15 AM (PS)** **REFORMER PILATES** BRI	**8:15 AM (PS)** **REFORMER PILATES** BRI	**8:30 AM (VS)** **CORE BOXING** TOM	**9:15 AM (PS)** **REFORMER PILATES** BRI	**9:30 AM (CC)** **RHYTHM RIDE** LIZZY	**9:30 AM (VS)** **VINYASA FLOW** TATIANA	**10:30 AM (SVS)** **CLASSIC BARRE** ROBSON

THURSDAY

6:15 AM (PS) **REFORMER STRONG** ANGEL	**7:15 AM (PS)** **REFORMER STRONG** ANGEL	**8:15 AM (PS)** **REFORMER STRONG** ANGEL	**8:30 AM (VS)** **FUNCTIONAL STRENGTH** TERRY	**9:15 AM (PS)** **REFORMER PILATES** LACEY	**9:30 AM (CC)** **EVERFIT RIDE** EMILY	**9:30 AM (VS)** **MAT PILATES** TERRY	**10:15 AM (PS)** **REFORMER PILATES** LACEY	**10:30 AM (VS)** **FOREVER STRONG** DIANNA	**11:30 AM (PS)** **REFORMER PILATES** DIANNA

FRIDAY

6:00 AM (CC) **RHYTHM RIDE** TRACI	**7:15 AM (CC)** **EVERFIT RIDE** SUMMER	**7:15 AM (PS)** **REFORMER PILATES** TRACI	**8:30 AM (SVS)** **CLASSIC BARRE** ROBSON	**8:30 AM (VS)** **CORE BOXING** TOM	**9:30 AM (CC)** **EVERFIT RIDE** JESS	**9:30 AM (PS)** **REFORMER PILATES** BRI	**9:30 AM (VS)** **VINYASA FLOW** TATIANA	**10:30 AM (PS)** **REFORMER PILATES** BRI

SATURDAY

7:15 AM (PS) **REFORMER PILATES** STEPHANIE	**8:15 AM (CC)** **RHYTHM RIDE** STEPHANIE	**8:30 AM (SVS)** **BARRE FUSION** TRACI	**9:30 AM (CC)** **RHYTHM RIDE** TRACI	**9:30 AM (PS)** **REFORMER PILATES** CLAUDIA	**9:30 AM (VS)** **CORE BOXING** NICOLE	**10:30 AM (PS)** **REFORMER PILATES** CLAUDIA	**10:30 AM (VS)** **VINYASA FLOW** REAGAN

SUNDAY

7:15 AM (PS) **REFORMER PILATES** CLAUDIA	**8:15 AM (CC)** **RHYTHM RIDE** CLAUDIA	**8:30 AM (VS)** **POWER YOGA** REAGAN	***WEEKLY POP-UP!*** **9:30 AM (CC)** **EVERFIT RIDE** JESS/COURTNEY	**9:30 AM (PS)** **REFORMER PILATES** ANGEL	**9:30 AM (SVS)** **CLASSIC BARRE** ROBSON	**10:30 AM (PS)** **REFORMER PILATES** ANGEL	**10:30 AM (VS)** **ZUMBA** ROBSON

EVERFIT PM CLASS SCHEDULE

CLASSROOM KEY

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

MONDAY

12:30 PM (PS)
REFORMER PILATES
MCKINSEY

1:30 PM (PS)
REFORMER PILATES
MCKINSEY

4:30 PM (PS)
REFORMER PILATES
TRACI

5:30 PM (SVS)
BARRE FUSION
TRACI

5:30 PM (VS)
SCULPT
DIANNA

6:30 PM (CC)
RHYTHM RIDE
TRACI

6:30 PM (PS)
REFORMER PILATES
LIZZY

6:30 PM (VS)
HIIT-STRENGTH
DIANNA

7:30 PM (VS)
POWER YOGA
LIZZY

TUESDAY

4:30 PM (PS)
REFORMER PILATES
LIZZY

5:30 PM (PS)
REFORMER PILATES
LIZZY

5:30 PM (VS)
MAT PILATES
STEPHANIE

6:30 PM (CC)
RHYTHM RIDE
STEPHANIE

6:30 PM (VS)
SCULPT
DIANNA

7:30 PM (SVS)
BARRE FUSION
CLAUDIA

WEDNESDAY

12:30 PM (PS)
REFORMER PILATES
MCKINSEY

1:30 PM (PS)
REFORMER PILATES
MCKINSEY

5:30 PM (PS)
REFORMER PILATES
LIZZY

5:30 PM (SVS)
STRETCH + SOUND
KIM

5:30 PM (VS)
SCULPT
DIANNA

6:30 PM (CC)
RHYTHM RIDE
TRACI

6:30 PM (PS)
REFORMER PILATES
LIZZY

6:30 PM (SVS)
CLASSIC BARRE
ROBSON

6:30 PM (VS)
HIIT-STRENGTH
DIANNA

7:30 PM (PS)
REFORMER PILATES
LIZZY

7:30 PM (VS)
ZUMBA
ROBSON

THURSDAY

5:30 PM (VS)
MAT PILATES
STEPHANIE

WEEKLY POP-UP!
6:00 PM (SVD)
GLUTES + GAINS
CLAUDIA

6:30 PM (CC)
POWER RIDE
MIKE

6:30 PM (PS)
REFORMER PILATES
STEPHANIE

6:30 PM (VS)
SCULPT
DIANNA

7:30 PM (VS)
POWER YOGA+
LIZZY

NOV 12 POP-UP!
7:30 PM (SVD)
SUNSET FLOW
LIZZY

FRIDAY

6:30 PM (VS)
MAT PILATES
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.

REFORMER PILATES	Fluid reformer sequences to build strength, mobility, and control.
REFORMER STRONG	Blending reformer Pilates with dumbbell strength training.

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

BARRE FUSION	Traditional barre for total-body toning, flexibility, and posture.
CLASSIC BARRE	Ballet-inspired sculpting blended with strength and core.
STRETCH + SOUND	Release tension with gentle stretching, followed by soothing sound bath relaxation.

The following classes take place in our CYCLE CLUB (CC). These classes may be booked up to 5 days in advance.

EVERFIT RIDE	Build confidence and endurance with coach-led gear, RPM, and interval guidance.
POWER RIDE	Ride with purpose. Powered by data. Driven by results.
RHYTHM RIDE	Intervals driven by rhythm and synced to high-energy music.

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

MAT PILATES	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.
HIIT-STRENGTH	High-intensity intervals with strength training for power, endurance, and results.
SCULPT	Focused strength training designed to build lean, defined muscle.
ZUMBA®	High-energy dance cardio that's fun, sweaty, and effective.