











# GROUP FITNESS SCHEDULE

EFFECTIVE MARCH 13, 2025



















ONLINE SIGN-UP REQUIRED FOR ALL CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## MORNING CLASSES

	 7 - 7:45 am <b>TABATA</b> Robert S	 6:30 - 7 am <b>CORE &amp; MOBILITY</b> Marvin	 6:30 - 7:30 am <b>CYCLING</b> Brian		 9:30 - 10:15 am <b>CYCLING</b> Felix	 8:30 - 9:45 am <b>LONG RIDE</b> Larysa
 7:30 - 8:15 am <b>MINDFUL FLOW PILATES</b> Lexi		 7 - 7:45 am <b>CYCLING</b> Courtney			 9:30 - 10:15 am <b>BOXING</b> Richard	 9:30 - 10:30 am <b>HATHA YOGA</b> Ian
					 10:30-11:45 am <b>YOGA FUSION</b> Robert Y	


## LUNCH-TIME CLASSES


			 11 - 11:30 am <b>HIIT THE CORE</b> Marvin	 11 - 11:45 am <b>BRING YOUR 'A' GAME</b> Marvin	 11:15am-12pm <b>PILATES FUSION</b> Alethea
 12 - 12:45 pm <b>RIP IT UP</b> Marvin	 11:45am-12:45pm <b>VINYASA YOGA</b> Ian	 12 - 12:45 pm <b>CYCLING</b> Vivian	 12 - 12:55 pm <b>YIN YANG</b> Vishana	 12 - 12:45 pm <b>CYCLING</b> James	
 12 - 12:45 pm <b>CYCLING</b> Larysa	 12 - 1pm <b>CYCLING</b> Brian	 12 - 12:40 pm <b>HIIT BLITZ</b> Michael B	 12 - 1:15 pm <b>CYCLING</b> Meg	 12 - 12:45 pm <b>BOXING</b> Richard	
 1 - 2 pm <b>HATHA YOGA</b> Robert Y	 1 - 1:45 pm <b>STRENGTH AND CONDITIONING</b> Amanda	 1 - 1:45 pm <b>PILATES</b> Maria	 1 - 1:45 pm <b>CARDIO SCULPT</b> Tania	 1 - 2 pm <b>VINYASA FLOW</b> Robert Y	

## EVENING CLASSES

			 5 - 5:45 pm <b>BOXING</b> Richard	
 5 - 5:30 pm <b>POWER PUMP</b> Marvin	<b>CLASS CHANGE</b>  5 - 5:45 pm <b>MOBILITY FLOW</b> Vivian	 5:30 - 6:30 pm <b>GENTLE HATHA YOGA</b> Robert Y		 5:30 - 6:30 pm <b>POWER YOGA</b> Laurie
 5:30 - 6:15 pm <b>CYCLING</b> Felix	 5:45 - 6:45 pm <b>TAC RIDE</b> Vivian	 5:30 - 6:15 pm <b>VIDEO HITS RIDE</b> Felix		
 5:45 - 6:30 pm <b>HATHA REJUVENATION</b> Vivian	 6 - 6:45 pm <b>PEAK PERFORMANCE</b> Johnny	 7:15 - 8 pm <b>PILATES</b> Lexi	 6 - 6:45 pm <b>CORE STABILITY</b> Vivian	
 7 - 8 pm <b>DANCE PARTY</b> Alex	 6:45 - 7:30 pm <b>STRETCH &amp; RELEASE</b> Johnny		 7 - 7:45 pm <b>POWER FUSION</b> Johnny	

### LEGEND:

 **Studio 1, 37th floor**

 **Cycling Studio**

### INTRODUCE YOURSELF

#### AS A NEW MEMBER...

so the instructor can properly assist you through the beginning stages



Gavin Wijayaratham  
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# CLASS DESCRIPTIONS

## CARDIO CLASSES

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**Cardio Sculpt** – First half of the class is a challenging full-body high intensity (HIIT) workout. Second half of the class we will be focusing on pilates principles. This class has it all, cardio, endurance, strength, and flexibility.

**Cycle** – An amazing cardiovascular workout performed on indoor bikes to simulate the workout of an outdoor cycle. Sign-up online for

lunch- time & Saturday classes after 6am the day of. Bikes held for up to 5 minutes of class start time!

**Tabata** – Interval training is the single most effective type of high intensity interval training & surprisingly it only lasts for four minutes per muscle group! But those four minutes produce remarkable effects.

## CARDIO & WEIGHTS

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**Bring your "A" Game** – Up your game & be ready for a fun challenge! Using sports drills, you will hone your coordination, strength & endurance that will assist you in any sport. & if nothing else, you'll get a great workout. You will not regret joining this class!

**Core & Mobility** – No time? No excuses! A fast paced workout geared toward getting you fit quick! High Intensity Interval training (HIIT) for a full body workout in 30 minutes.

**Core Stability** – We will work on foundational core strength to improve posture and overall stability.

**HIIT Blitz** – A high-energy fitness class designed to burn fat and build strength through intense, fast-paced interval training. Combining bursts of all-out effort with short recovery periods, this workout maximizes calorie burn and boosts cardiovascular fitness in

a short amount of time. Perfect for those looking to push their limits, HIIT Blitz will leave you feeling energized, and accomplished.

**Peak Performance** – A combination of Power, Strength and HIIT training to propel your inner athlete.

**Rip It Up!** – This class will challenge you to your max! Come out & perform the prescribed workout for the day. This class utilizes all your skills, from endurance, strength, power & determination. Adding this to your training routine will enhance your gains & bragging rights!

**Yoga Strong** – A combination of strength training and yoga to ensure a workout that provides the best of mobility, strength and endurance. Not your average yoga class, get ready to turn it up a notch!

## MIND/BODY CLASSES

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**Hatha Rejuvenation** – Come & enjoy a gentle hatha yoga with a restorative element. This class will focus on postural conditioning, breath & relaxation along with mindful movement. A great way to reconnect with your body & mind & prepare for the week.

**Hatha Yoga** – Designed for beginners, yet steeped in the fundamental technique that can sharpen the practice of an experienced practitioner. This class will soothe & strengthen as it focuses on joint mobility, range of motion, basic standing & sitting postures.

**Mindful Flow Pilates** – A dynamic fitness class that combines the core-strengthening benefits of Pilates with mindful movement and breathwork. This class focuses on enhancing flexibility, improving posture, and building strength through controlled, flowing movements. Suitable for all fitness levels, Mindful Flow Pilates helps you cultivate body awareness, reduce stress, and achieve a balanced mind-body connection.

**Mobility Flow** – focuses on improving flexibility, joint mobility, and overall body movement through dynamic exercises and controlled stretches. The class guides participants through a series of fluid, functional movements designed to enhance mobility, reduce stiffness, and increase strength, while promoting better posture and body awareness. It's ideal for anyone looking to move more freely and prevent injury.

**Pilates** – Enhanced classic mat through the use of many toys including bands & magic circles to further challenge your core. This

class moves a bit faster with an emphasis on strengthening the core & flexibility for other activities, such as cycling & running. Be prepared to work up a sweat!

**Pilates Fusion** – Class combines the core-strengthening principles of Pilates with mindfulness and relaxation techniques to create a holistic workout experience. This class focuses on controlled movements to improve flexibility, strength, and posture, while also incorporating breathwork and meditation to promote mental clarity and relaxation.

**Power Yoga** – Invigorating, spontaneous & playful. This class is sure to make you sweat while stretching you both physically & mentally. Focus on flowing movement coupled with holding seated, standing, prone & inverted poses for timed increments while harnessing the breath to ignite the reserves of energy that lie dormant within you.

**Stretch & Release** – A guided mobility and stretching class designed to improve flexibility, reduce muscle tension, and enhance overall movement. Through a combination of dynamic and static stretches, breathwork, and gentle mobility exercises, this session will leave you feeling refreshed, relaxed, and more agile. Perfect for athletes, fitness enthusiasts, or anyone looking to improve their range of motion and prevent injuries.

**Yoga Fusion** – A combination of hatha, ashtanga, and kundalini yoga techniques, this class will engage your muscles, open your joints, calm your mind, and lift your spirits. (All levels)

## WEIGHT TRAINING CLASSES

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**HIIT the Core** – Get the Best of both worlds with an efficient High Calorie burn through Peak Cardiovascular training fused with core work.

**Power Fusion** – Anything goes in this full-body workout, fusing cardio and power with agility and mobility to help maximize your efforts for better results. Expect the unexpected in this class, as you

use dumbbells with Bosu balls, weighted barres, and barbells to improve your balance, coordination and strength.

**Power Pump** – The full body workout you're looking for. Maximize your time & results with Power Pump! Each class will challenge all muscles in a variety of exercises which will keep your body guessing & processing!