





	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30AM			Barre Workout (Sue) F					5:30AM
6:00AM			Circuit X-Press (Steve E) ★		Circuit X-Press (Steve E) ★			6:00AM
7:00AM			Slow Flow Vinyasa (Julie) Y	Step and Strength (Anna) F	Total Strength (Anna) F	Muscle Explosion (Steve E) F		7:00AM
7:30AM							Vinyasa Flow Yoga (Cornelia) Y	7:30AM
8:00AM							Barre Workout (Hannah) F	8:00AM
8:10AM				Loosen Up Stretch (Anna 30-min) F				8:10AM
8:30AM	Step and Strength (Anna) F	Step and Strength (Anna) F	Total Strength (Anna) F		Align and Slow Flow Yoga (Sharon) Y	Group Centergy (Linda) F	Total Strength (Sarah) F	8:30AM
	Yinrestorative Yoga(Sharon) Y				Step and Strength (Anna) F			
9:00AM						Align and Strengthen Yoga (Renee) Y	Circuit X-Press (Steve E) ★	9:00AM
9:15AM				Circuit X-Press (Steve)★				9:15AM
9:30AM			Yoga at the Wall (Julie) Y	Slow Flow Vinyasa (Jenny) F	Yoga at the Wall (Julie) Y			9:30AM
				Tai Chi (Adam) Y				
9:40AM		Loosen Up Stretch (Anna 30-min) F						9:40AM
10:00AM	Breath, Feel & Flow (Dwight 75-min) Y				Seated Strengthening Fitness (Alternating Instructor) F		Gentle Flow Yoga (Sherida) Y	10:00AM
		Recharge Move and Flow (Chuck) Y					Group Centergy (Linda) F	
4:00PM	Relax Gentle Yoga (Chuck) Y		Yin & Yang Gentle Yoga (Cornelia) Y	Yin and Yang Gentle Yoga (Julie) Y				4:00PM
4:30PM		Circuit X-Press (Lizz)★			5PM Circuit X-Press (John) ★			4:30PM
5:30PM		Recharge Move and Flow (Chuck) Y	Align & Slow Flow Yoga (Sharon) Y	Vinyasa Flow Yoga (Julie) Y	Tai Chi (Adam) Y	Step and Strength (Anna) F		5:30PM
			Cardio Boxing (Ali) F	Battle of the Bands (Lizz 30-min) F	HIIT Your Mat Yoga (Chuck) Y			
								5:45PM
6:00PM		Vinyasa Flow Yoga (Dwight) Y		Zumba Dance Workout (Ellen) F				6:00PM
6:30PM			Battle of the Bands (Lizz 30-min) F					6:30PM
7:00 PM		Yinrestorative Yoga and Meditation (Stacylynn 75-min) Y	Group Centergy (Linda) F	<b>Rotating Class</b> (please see page 2 for details)★ *Relaxing Sound Bath *Centergy *Gentle Yoga w/Live Music *Roll & Renew	Relax Gentle Yoga (Chuck) Y			7:00PM
7:15 PM		<b>Alternating Class</b> (please see page 2 for details)★ *Mediumship Development *Master Manifestors Club		<b>Alternating Class</b> (Please see page 2 for details) ★ *Psychic Development *Oracle Practice Circle				7:15 PM

Classes are 60-minutes unless otherwise noted above - Please allow for an additional 5 minutes in the case a class runs long.

 =STUDIO A  
 =STUDIO B  
 =STUDIO C

 = Available Virtual via Zoom    F = Fitness class    Y =Yoga/Tai Chi or Meditation Class

★= These classes are not included in Get Fit, Get Motivated or Get Zen Memberships. Class passes or drop-in rates available for these classes.