

September is
Trial Month!

SEPTEMBER 2021 FITNESS SCHEDULE

Find your
new favorite
instructor &
class!

WEDNESDAY 9/1

8:00 am | Mat Pilates
Instructor: Lisa Seitz
9:20 am | Power Yoga
Instructor: Gina Corey
9:30 am | FeeLEEing It
Instructor: Lee Zebede
10:45 am | Fit & Lit
Instructor: Janeil Mason
6:30 pm | Vinyasa Yoga
Instructor: Gina Corey
7:30 pm | Shadow Box
Instructor: Isaac Maita

THURSDAY 9/2

8:00 am | Yoga Basics
Instructor: Gina Corey
9:20 am | Shadow Box
Instructor: Isaac Maita
9:30 am | Pilates Reformer
Instructor: Sepi Koren
10:45 am | Pilates Reformer
Instructor: Sepi Koren
7:15 pm | Combat Self Defense
Instructor: Ian Macleod
7:30 pm | Fit & Lit
Instructor: Janeil Mason

THURSDAY 9/9

8:00 am | HITT
Instructor: Alexz Elmore
9:20 am | Open Gym Workout
Instructor: Alexz Elmore
9:30 am | Pilates Reformer
Instructor: Sepi Koren
10:45 am | Pilates Reformer
Instructor: Sepi Koren
7:15 pm | Dance Cardio
Instructor: Zach Eisenberg
7:30 pm | Shadow Box
Instructor: Isaac Maita

MONDAY 9/13

8:00 am | Combat Self Defense
Instructor: Ian Macleod
9:20 am | Combat Self Defense
Instructor: Ian Macleod
10:45 am | Pilates Reformer
Instructor: Andrea Steinberg
7:30 pm | Ultimate Conditioning
Instructor: Alexz Elmore
8:00 pm | Hip Hop Dance
Instructor: Bryan Longchamp

TUESDAY 9/14

8:00 am | Core & More
Instructor: Marissa Anteby
9:20 am | Open Gym Workout
Instructor: Alexz Elmore
9:30 am | Vinyasa Yoga
Instructor: Gina Corey
10:30 am | Mindful Meditation
Instructor: Gina Corey
10:45 am | Fit & Lit
Instructor: Janeil Mason
7:00 pm | Pilates & Reformer
Instructor: Lisa Seitz
7:30 pm | Stretch & Meditation
Instructor: Carla Tanz

THURSDAY 9/23

7:00 am | Stretch & Meditation
Instructor: Carla Tanz
8:00 am | HITT
Instructor: Alexz Elmore
9:20 am | Open Gym Workout
Instructor: Alexz Elmore
9:30 am | Pilates Reformer
Instructor: Sepi Koren
10:45 am | Pilates Reformer
Instructor: Sepi Koren
7:15 pm | Dance Cardio
Instructor: Zach Eisenberg
7:30 pm | Shadow Box
Instructor: Isaac Maita

MONDAY 9/27

8:00 am | Power Yoga
Instructor: Marissa Anteby
9:20 am | Open Gym Workout
Instructor: Alexz Elmore
9:30 am | Barre HIIT
Instructor: Zach Eisenberg
10:45 am | Pilates Reformer
Instructor: Andrea Steinberg
7:00 pm | Pilates
Instructor: Andrea Steinberg
7:30 pm | Fit & Lit
Instructor: Janeil Mason

THURSDAY 9/30

8:00 am | Yoga Basics
Instructor: Gina Corey
9:20 am | Open Gym Workout
Instructor: Alexz Elmore
9:30 am | Pilates Reformer
Instructor: Sepi Koren
10:45 am | Pilates Reformer
Instructor: Sepi Koren
6:00 pm | Stretch & Meditation
Instructor: Carla Tanz
7:15 pm | Dance Cardio
Instructor: Zach Eisenberg
7:30 pm | Shadow Box
Instructor: Isaac Maita

- Subject to change - please check website for most up to date information
- All programs require registration online via the website
- If you have an idea for a program please contact Gina- gcorey@moisesafracenter.org