

FITNESS GROUP CLASS SCHEDULE | NOVEMBER 1 - DECEMBER 17

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre & Yoga	1:30 pm - 2:30 pm Barre Instructor: Karen Graetti <i>Yoga/Dance Studio: 7th Floor</i>	9:30 am - 10:30 am Barre HIIT Instructor: Zach Eisenberg <i>Yoga/Dance Studio: 7th Floor</i>	9:30 am - 10:30 am Vinyasa Yoga Instructor: Gina Corey <i>Yoga/Dance Studio: 7th Floor</i> 10:30 am - 11:00 am Mindful Meditation Instructor: Gina Corey <i>Yoga/Dance Studio: 7th Floor</i>	9:30 am - 10:30 am FeeLEEEing It Instructor: Lee Zebede <i>Yoga/Dance Studio: 7th Floor</i>		9:30 am - 10:30 am FeeLEEEing It Instructor: Lee Zebede <i>Yoga/Dance Studio: 7th Floor</i>
Boxing	10:45 am - 11:45 am Shadow Boxing Instructor: Isaac Maita <i>Cardio Studio: Fitness Center</i>	8:30 am - 9:30 am Cardio Boxing Instructor: Ian Macleod <i>Cardio Studio: Fitness Center</i>			8:30 am - 9:30 am Shadow Boxing Instructor: Isaac Maita <i>Cardio Studio: Fitness Center</i>	
Cardio & Strength		9:30 am - 10:30 am Open Gym Workout Instructor: Alexz Elmore <i>Cardio Studio: Fitness Center</i>	8:30 am - 9:30 am Fit & Lit Instructor: Janeil Mason <i>Cardio Studio: Fitness Center</i> 9:30 am - 10:30 am HIIT Instructor: Alexz Elmore <i>Cardio Studio: Fitness Center</i>	9:30 am - 10:30 am Bootcamp Instructor: Ian Macleod <i>Cardio Studio: Fitness Center</i>	9:30 am - 10:30 am Open Gym Workout Instructor: Alexz Elmore <i>Cardio Studio: Fitness Center</i>	9:30 am - 10:30 am HIIT Instructor: Alexz Elmore <i>Cardio Studio: Fitness Center</i>
Pilates				10:45 am - 11:45 am Pilates Reformer* Instructor: Andrea Steinberg <i>Yoga/Dance Studio: 7th Floor</i>	9:30 am - 10:30 am Pilates Reformer* Instructor: Sepi Koren <i>Yoga/Dance Studio: 7th Floor</i> 10:45 am - 11:45 am Pilates Reformer* Instructor: Sepi Koren <i>Yoga/Dance Studio: 7th Floor</i>	8:30 am - 9:30 am Mat Pilates Instructor: Lisa Seitz <i>Yoga/Dance Studio: 7th Floor</i>

Lap Swim is open for registration!
Check out the weekly email for links

IMPORTANT INFORMATION

- Check the website for most up to date information.
- Schedule is subject to change.
- Full vaccinations are required.

REGISTRATION IS OPEN!

www.moisesafracenter.org/course

No Sessions:

Thursday 11/25 & Friday 11/26: Thanksgiving

*Members \$20 | Non-Members \$40

Interested in:

- Private Training
- Massage
- A class we don't offer YET!

Reach out to Gina - gcorey@moisesafracenter.org