

FITNESS GROUP CLASS SCHEDULE | JANUARY 3 - APRIL 12

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre & Yoga 7th Floor Studio		9:30 am - 10:30 am DanceBody Signature Members \$35 Non-Members \$50 10:45 am - 11:45 am Barre HIIT Instructor: Zach Eisenberg Members \$10 Non-Members \$35	9:30 am - 10:30 am Vinyasa Yoga Instructor: Gina Corey Members \$10 Non-Members \$35 10:30 am - 11:00 am Mindful Meditation <i>Yoga/Dance Studio: 7th Floor</i>	8:30 am - 9:30 am FeeLEEEing It Instructor: Lee Zebede Members \$10 Non-Members \$35 9:30 am - 10:30 am FeeLEEEing It Instructor: Lee Zebede Members \$10 Non-Members \$35		9:30 am - 10:30 am FeeLEEEing It Instructor: Lee Zebede Members \$10 Non-Members \$35
Pilates 7th Floor Studio	Want more Sunday Classes! Reach out to Gina!			10:45 am - 11:45 am Pilates Reformer Instructor: Andrea Steinberg Members \$20 Non-Members \$40	9:30 am - 10:30 am Pilates Reformer Instructor: Sepi Koren Members \$20 Non-Members \$40 10:45 am - 11:45 am Pilates Reformer Instructor: Sepi Koren Members \$20 Non-Members \$40	10:45 am - 11:45 am Pilates Reformer Instructor: Lisa Seitz Members \$20 Non-Members \$40
Boxing Fitness Studio		8:30 am - 9:30 am Cardio Boxing Instructor: Ian Macleod Members \$10 Non-Members \$35			8:30 am - 9:30 am Shadow Boxing Instructor: Isaac Maita Members \$10 Non-Members \$35	
Cardio & Strength Fitness Studio	10:30 am - 11:30 am Raqthatbody Instructor: Raquel Dayon Members \$35 Non-Members \$50 *SOME SUNDAYS CHECK WEBSITE*	9:30 am - 10:30 am Open Gym Workout Instructor: Alexz Elmore Members \$10 Non-Members \$35 10:00 am - 10:45 am Water Aerobics Instructor: PCS <i>Swimming Pool</i> Members \$210 Non-Members \$300 6 sessions 1/31 - 3/7	8:30 am - 9:30 am Fit & Lit Instructor: Janeil Mason Members \$10 Non-Members \$35 9:30 am - 10:30 am HIIT Instructor: Alexz Elmore Members \$10 Non-Members \$35	8:30 am - 9:30 am Fit & Lit Instructor: Janeil Mason Members \$10 Non-Members \$35 9:30 am - 10:30 am Bootcamp Instructor: Ian Macleod Members \$10 Non-Members \$35	9:30 am - 10:30 am Open Gym Workout Instructor: Alexz Elmore Members \$10 Non-Members \$35	9:30 am - 10:30 am HIIT Instructor: Alexz Elmore Members \$10 Non-Members \$35

IMPORTANT INFORMATION

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

REGISTRATION IS OPEN!
www.moisesafracenter.org/calendar

Interested in:
 - Private Training or Small Groups
 - Massage
 - A class we don't offer YET!

Reach out to Gina - gcorey@moisesafracenter.org