

FITNESS GROUP CLASS SUMMER SCHEDULE | JUNE 20 - SEPTEMBER 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Barre & Yoga 7th Floor Studio	9:30 am - 10:30 am Vinyasa Yoga Instructor: Gina Corey Members \$10 Non-Members \$35		9:30 am - 10:30 am FeeLEEEing It Instructor: Lee Zebede Members \$10 Non-Members \$35	<div> Have an instructor or class to suggest to us? Email Gina! gcorey@moisesafracenter.org </div>
Pilates 7th Floor Studio		9:30 am - 10:30 am Pilates Reformer Instructor: Angie Lu Members \$10 Non-Members \$35	10:45 am - 11:45 am Pilates Reformer Instructor: Andrea Steinberg Members \$20 Non-Members \$40	
Boxing Fitness Studio	8:30 am - 9:30 am Cardio Boxing Instructor: Ian Macleod Members \$10 Non-Members \$35			
Cardio & Strength Fitness Studio		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	
				9:00 am - 10:00 am Pilates Reformer Instructor: Lisa Seitz Members \$20 Non-Members \$40 6/23 - 7/28
				8:30 am - 9:30 am Shadow Boxing Instructor: Isaac Maita Members \$10 Non-Members \$35
				9:30 am - 10:30 am Open Gym Workout 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