

# FITNESS GROUP CLASS SCHEDULE

APRIL 1ST - 30TH

## MONDAY

**R.O.M on Reformer** Yoga Studio  
8:30 AM - 9:30 AM | Shani Rom

**Cardio Boxing** Cardio Studio  
8:30 AM - 9:30 AM | Ian MacLeod

**HIIT** Cardio Studio  
9:30 AM - 10:30 AM | Alexz Elmore

**Dance Body** Yoga Studio  
9:30 AM - 10:30 AM | Dance Body

**Pilates Reformer** Yoga Studio  
10:45 AM - 11:45 AM | Abby McBroom

**Self Defense** Cardio Studio  
7:00 PM - 8:00 PM | Raz Chen

**R.O.M on Reformer** Yoga Studio  
7:30 PM - 8:30 PM | Shani Rom

## TUESDAY

**Strength & Conditioning Upper Body** Cardio Studio  
8:30 AM - 9:30 AM | Janeil Mason

**Pure Strength** Yoga Studio  
8:30 AM - 9:30 AM | Alexz Elmore

**Vinyasa Yoga** Yoga Studio  
9:30 AM - 10:30 AM | Gina Corey

**Pilates Reformer** Yoga Studio  
10:45 AM - 11:45 AM | Angie Liu

## WEDNESDAY

**FeeLeeing It** Yoga Studio  
8:40 AM - 9:30 AM | Lee Zebede  
9:30 AM - 10:20 AM | Lee Zebede

**Strength & Conditioning Lower Body** Cardio Studio  
8:30 AM - 9:30 AM | Janeil Mason

**Bootcamp** Cardio Studio  
9:30 AM - 10:30 AM | Ian MacLeod

**Total Body Blast** Cardio Studio  
7:30 PM - 8:30 PM | Janiel Mason

**Adult Pickleball**  
6:30 PM - 8:30 PM | Ages 21+

**Men's Pick Up Basketball**  
8:45 PM - 9:45 PM | Ages 21+ | 18099

## THURSDAY

**Women's Pick Up Basketball**  
7:30 AM - 10:15 AM | Ages 21+ | 18101

**Shadow Boxing** Cardio Studio  
8:30 AM - 9:30 AM | Isaac Maita

**R.O.M on Reformer** Yoga Studio  
8:30 AM - 9:30 AM | Shani Rom

**HIIT** Cardio Studio  
9:30 AM - 10:30 AM | Alexz Elmore

**Men's Pick Up Basketball**  
7:45 PM - 9:45 PM | Ages 21+ | 18100

## FRIDAY

**Pilates Reformer** Yoga Studio  
8:30 AM - 9:20 AM | Lisa Seitz

**Bootcamp** Cardio Studio  
8:30 AM - 9:30 AM | Ian MacLeod

**Cardio Sculpt** Yoga Studio  
9:30 AM - 10:30 AM | Juliana Garber

**HIIT** Cardio Studio  
9:30 AM - 10:30 AM | Alexz Elmore

**Barre** Cardio Studio  
10:30 AM - 11:30 AM | Abby McBroom

**Stretch & Recover** Yoga Studio  
10:45 AM - 11:45 AM | Gina Corey

## SUNDAY

**Prenatal & Postnatal Yoga** Yoga Studio  
11:45 AM - 12:45 PM | Gina Corey

## POP UPS!

**Pilates-esque Mat**  
Sunday, April 23rd | 21454  
10:00 AM - 11:15 AM | Tara Gordon

**Ear Seeding & Acupressure**  
Tuesday, April 25th  
11:30 AM - 12:30 PM | Dr. Itorye T. Silver

**Pickleball Clinic**  
Wednesday, April 26th | 21341  
7:00 PM - 8:30 PM | Tennis Innovators

## INFO

### Registration is open!

[www.moisesafracenter.org/calendar](http://www.moisesafracenter.org/calendar)  
Contact the concierge for registration assistance

- The schedule is subject to change
- Check the website for the most up-to-date information

## INFRARED SAUNA

Relax and rejuvenate after a workout in our **Infrared Sauna!**  
**Open 7:00 AM - 9:00 PM**  
Registration Required - Sign up online or at concierge

## NO SESSIONS

Wednesday, April 5th - Early Closure - Erev Pesah  
Thursday, April 6th - First day of Pesah  
Friday, April 7th - Second day of Pesah  
Wednesday, April 12th - Shevii Shel Pesah  
Thursday, April 13th - Last Day of Pesah

## CONTACT US!

Interested in private training, small groups, massage or a class we don't offer yet? Reach out to Natasha Valk at [nvalk@moisesafracenter.org](mailto:nvalk@moisesafracenter.org)  
Follow us on Instagram @mscgrpx

# FITNESS GROUP CLASS SCHEDULE

APRIL 1ST - 30TH

## Barre *[Juliana Garber]*

Barre is a full-body toning workout blending elements of Pilates, yoga, dance, and functional training. You can expect small isolated movements as well as larger moves designed to elevate the heart rate. High intensity yet low impact, barre will strengthen your body from head to toe while improving posture and enhancing flexibility. Barre is suitable to all levels and no dance experience is required!

Member Price: \$10 Non - Member Price: \$35

## Bootcamp *[Ian MacLeod]*

Bootcamp with Ian! Functional fitness + intervals of high and low intensity training.

Member Price: \$10 Non - Member Price: \$35

## Cardio Boxing *[Ian Macleod]*

Cardio boxing uses a combination of shadowboxing and/or hitting the bag with continuous cardio movements such as high knees, burpees, push-ups, etc. that will increase your strength and teach you to control your heart rate.

Member Price: \$10 Non - Member Price: \$35

## Cardio Sculpt *[Juliana Garber]*

Beat-based full body workout that blends dance-inspired movements with high intensity Pilates and functional training. The class begins with a dynamic warmup followed by exercises utilizing equipment such as light hand weights, resistance bands, gliders, and Pilates balls.

Member Price: \$10 Non - Member Price: \$35

## Dance Body *[Dance Body]*

DanceBody workout fuses together dance cardio and sculpt for functional, full-body conditioning that's both fun and effective. Our dancers-turned-instructors move you in new ways to strengthen your body, mind, and spirit through dance fitness.

Member Price: \$10 Non - Member Price: \$35

## FeeLeeing It *[Lee Zebede]*

FeeLeeing it is a Pilates based toning class. The class uses light weights and your own body weight. Going at a slow pace you will for sure start to shake and will definitely be FeeLEEing by the end.

Member Price: \$20 Non - Member Price: \$45

## Strength & Conditioning *[Janel Mason]*

(Formerly Fit and Lit) Have fun while you work out! The class starts off with a dynamic warm-up followed by a Strength Lift (Squat, Chest Press, or Deadlift.) The second half of class is HIIT Accessory work. Think alternating strength and cardio intervals designed to get your heart rate up, burn fat, and improve your cardiovascular fitness.

Member Price: \$10 Non - Member Price: \$35

## HIIT *[Alexz Elmore]*

HIIT with Alexz! This is a full body workout. This class focuses on light weights and high reps to really target leaning and toning out the muscles. This class also incorporates an element of HIIT to get the heart rate up. Bring on the sweat!

Member Price: \$10 Non - Member Price: \$35

## Pilates Reformer

Pilates Reformer will optimize the alignment of the body with a breathing flow to lengthen and strengthen the muscles. This will activate decompressed joints with optimum flexibility and strength. Pilates promotes anti-aging and anti-gravity effects. Let's do the Reformer Pilates work!

Member Price: \$20 Non - Member Price: \$40

## Prenatal & Postnatal Yoga *[Gina Corey]*

Prenatal Yoga includes poses, deep breathing, relaxation, and meditation that may be practiced through all trimesters (clearing any medical issues with the care provider).

Member Price: \$10 Non - Member Price: \$35

## Pure Strength *[Alexz Elmore]*

Pure Strength is a fast-paced class that is focused on improving the strength and endurance of all the major muscle groups through isometric lifts and compound movements with small rests in between.

Member Price: \$10 Non - Member Price: \$35

## R.O.M on the Reformer *[Shani Rom]*

R.O.M on the Reformer with Shani Rom will optimize the alignment of the body with a breathing flow to lengthen and strengthen the muscles. This will activate decompressed joints with optimum flexibility and strength. Pilates promotes anti-aging and anti-gravity effects. Let's do the Reformer Pilates work!

Member Price: \$20 Non - Member Price: \$40

## Self Defense *[Raz Chen]*

This self-defense class is designed with reality in mind. These hour-long classes address particular situations chosen by participants. Each class will include a private consultation where the client will discuss the situation they want to cover.

Member Price: \$30 Non - Member Price: \$45

## Shadow Boxing *[Isaac Maita]*

Join our amazing Shadow Boxing class with Isaac! This class is a full body workout.

Member Price: \$10 Non - Member Price: \$35

## Total Body Blast *[Janiel Mason]*

This strength-building and heart-pumping class is a 50/50 blend of cardio and strength programming. Great for all ability levels as everyone can modify it as needed. Each class will include mobility, strength, cardio, flexibility, and balance work. Experience this full-body workout and feel the time fly by.

Member Price: \$10 Non - Member Price: \$35

## Vinyasa Yoga *[Gina Corey]*

Connect to breath and movement with this dynamic sequence of postures. Performed in precise order designed to stimulate your mind and body while improving strength, flexibility, and overall vitality. This is a great class for those that have some experience with the yoga practice.

Member Price: \$10 Non - Member Price: \$35