

FITNESS GROUP CLASS SCHEDULE

JULY 1ST - AUGUST 31ST

MONDAY

Women's Pick Up Basketball

8:30 AM - 9:30 AM | Ages 21+

Shadow Boxing Cardio Studio

8:30 AM - 9:30 AM | Isaac Maita

Pure Strength Cardio Studio

9:30 AM - 10:30 AM | Alexz Elmore

DanceBody Yoga Studio

9:30 AM - 10:30 AM | DanceBody

**Begins July 31st*

TUESDAY

Strength & Conditioning Cardio Studio

8:30 AM - 9:30 AM | Janeil Mason

WEDNESDAY

Pilates Reformer Yoga Studio

8:30 AM - 9:30 AM | Abby McBroom

Bootcamp Cardio Studio

9:30 AM - 10:30 AM | Ian MacLeod

Open Court Pickleball

6:30 PM - 8:30 PM | Ages 21+

Men's Pick Up Basketball

8:45 PM - 9:45 PM | Ages 21+

THURSDAY

Women's Pick Up Basketball

7:30 AM - 10:15 AM | Ages 21+

Pilates Reformer Yoga Studio

9:00 AM - 10:00 AM | Lisa Seitz

HIIT Cardio Studio

8:30 AM - 9:30 AM | Alexz Elmore

Men's Pick Up Basketball

7:45 PM - 9:45 PM | Ages 21+

SUMMER POP UPS!

R.O.M on Reformer with Shani Rom

Wed. July 5th | 9:30 AM - 10:30 AM | 24811

Mon. July 10th | 8:30 AM - 9:30 AM | 23741

Tue. July 11th | 9:30 AM - 10:30 AM | 23736

Mon. July 17th | 8:30 AM - 9:30 AM | 23742

Tue. July 18th | 9:30 AM - 10:30 AM | 23737

Wed. July 19th | 9:30 AM - 10:30 AM | 24814

Mon. July 24th | 8:30 AM - 9:30 AM | 23743

Pilates Reformer with Angie

Tue. July 25th | 9:30 AM - 10:30 AM | 23738

Tue. August 1st | 9:30 AM - 10:30 AM | 23739

Tue. August 8th | 9:30 AM - 10:30 AM | 23740

Tue. August 15th | 9:30 AM - 10:30 AM | 23749

Tue. August 22nd | 9:30 AM - 10:30 AM | 24827

Rooftop Yoga with Gina Corey

Wed. July 26th | 9:30 AM - 10:30 AM | 24807

Wed. August 16th | 9:30 AM - 10:30 AM | 24808

Wed. August 23rd | 9:30 AM - 10:30 AM | 24810

HIIT with Alexz

Wed. July 5th | 9:30 AM - 10:30 AM | 23759

Wed. August 2nd | 9:30 AM - 10:30 AM | 24817

Tue. August 29th | 9:30 AM - 10:30 AM | 23751

FeelEEing It

Wed. July 12th | 9:30 AM - 10:30 AM | 23767

Wed. August 9th | 9:30 AM - 10:30 AM | 23768

INFO

Registration is open!

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

PRIVATE TRAINING

Stay on track with your fitness goals this summer with in-person and virtual private training!

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

Follow us on Instagram @mscgrpx

FITNESS GROUP CLASS SCHEDULE

JULY 1ST - AUGUST 31ST

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

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 [Janeil 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

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

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

Rooftop Yoga

[Gina Corey]

Elevate your practice with our invigorating rooftop yoga class. Enjoy breathtaking views and a serene atmosphere while our experienced instructor guides you through a balanced blend of Hatha, Vinyasa, and Yin yoga styles. Improve flexibility, reduce stress, and cultivate inner peace in this transformative session. All levels are welcome. Join us for a rejuvenating experience in the sky.

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