

FITNESS GROUP CLASS SCHEDULE

NOVEMBER 1ST - 30TH

MONDAY

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

Dancebody Sculpt Yoga Studio
8:45 AM - 9:30 AM | Dance Body

Women's Pick Up Basketball
8:45 AM - 9:30 AM | Ages 21+ |

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

Dancebody Yoga Studio
9:35 AM - 10:20 AM | Dance Body

TUESDAY

Cardio Sculpt Yoga Studio
8:30 AM - 9:30 AM | Juliana Garber

Strength & Conditioning Upper Body Cardio Studio
8:45 AM - 9:45 AM | Janeil Mason

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

FeeLEEEing It Yoga Studio
9:15 AM - 10:05 AM | Lee Zebede
10:05 AM - 11:00 AM | Lee Zebede

Strength & Conditioning Lower Body Cardio Studio
8:45 AM - 9:45 AM | Janeil Mason

Open Court Family Pickleball
6:00 PM - 7:00 PM | Ages 8+

Open Court Adult Pickleball
7:00 PM - 9:00 PM | Ages 18+

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+ | 18101

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

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

Burn Baby Burn Yoga Studio
9:40 AM - 10:40 AM | Lainey Sutton

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

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

FRIDAY

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

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

Kick A Cardio** | Yoga Studio
9:30 AM - 10:30 AM | Kick A** Cardio

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

POP UPS

A Journey to Wellness
Monday, November 6th
9:30 AM - 1:45 PM | Fortune Dushey

9:30 AM - 10:30AM - Morning Yoga with Sarah Franco
10:30 AM - 11:00AM - Optional Shower and Coffee
11:00 AM - 12:00 PM - Panel discussion with Audrey Zona, CEPC, and Alexandra Zohn, MA,HHC, EPC
12:00 PM - 1:00 PM - Lunch with Rabbanit Frumie and Sophia Chabbot
1:00 PM - 1:45 PM - Closing Meditation and Sound Bath with Joy Dushey

[Register Online](#)

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

NOVEMBER 1ST - 30TH

Bootcamp

[Ian MacLeod]

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

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

Burn Baby Burn

[Lainey Adjimi]

Join me for a 60-minute, heart-pumping toning class! We will isolate each muscle group and move with intention. Using 2-3lb wrist/ankle weights and a pilates ring, you will surely feel the burn. This class will challenge you physically and mentally to be your strongest self.

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

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

DanceBody

[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: \$35 Non - Member Price: \$50

DanceBody Sculpt

[Dance Body]

45-min sweat-inducing, dance-inspired exercises to tone and strengthen your entire body. Enjoy using resistance bands, 2-3lb weights, ankle weights, and a mat. Supportive sneakers required. If you're new, this is a great class to start with.

Member Price: \$35 Non - Member Price: \$50

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

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

Kick A** Cardio

[Kicka** cardio]

Kicka** cardio is a series of high-intensity dances combined with toning intervals that create the perfect one-hour workout. Kicka** cardio will build your stamina, release your endorphins, and leave you smiling.

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

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

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

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