

# FITNESS GROUP CLASS SCHEDULE

JULY 1ST - AUGUST 31ST

## MONDAY

**Dancebody** 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

**Pilates Reformer** Yoga Studio  
9:45 AM - 10:45 AM | Samantha Falcones



## TUESDAY

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

**Pilates Reformer** Yoga Studio  
10:45 AM - 11:45 AM | Angie Liu  
*No Class 7/2*

## WEDNESDAY

**Pilates Reformer** Yoga Studio  
8:30 AM - 9:30 AM | Samantha Falcones

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

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

## THURSDAY

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

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

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

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

## CLASS PACKS!

MEMBERS ONLY

**GET UNLIMITED ACCESS TO YOUR FAVORITE FITNESS CLASSES!**

### YEARLY UNLIMITED

- \$225 per month
  - Start seeing your savings after just 4 classes a week!
- Includes 2 free sauna sessions per month (sign-up required)

### MONTHLY UNLIMITED

- \$300 per month
- Start seeing your savings after just 6 classes a week!
- Renews every month until told otherwise

SCAN TO LEARN MORE AND SIGN UP!



## INFO

### Contact the concierge for registration assistance

- The schedule is subject to change
- Check the website for the most up-to-date information
- There are currently no trials for programs
- There are no credits or refunds
- In order to run our programs, a certain number of registrants is required. If this number is not met, The Moise Safra Center retains the right to cancel a class up to 5 business days before the start date.

## 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

Thursday, July 4th - Independence Day  
Tuesday, July 13th - Tisha B'av

## 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

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## Bootcamp

*[Ian MacLeod]*

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

*Member Price: \$15 Non - Member Price: \$40*

## 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*

## 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: \$15 Non - Member Price: \$40*

## 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: \$25 Non - Member Price: \$50*

## Strength & Conditioning *[Janeil Mason]*

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: \$15 Non - Member Price: \$40*

## Shadow Boxing

*[Isaac Maita]*

Unleash your inner fighter and experience an exhilarating Shadow Boxing Fitness Class! This class incorporates the art of boxing without physical contact, offering a high-intensity cardio workout that boosts your endurance, coordination, and strength. The focus is on perfecting your technique, building cardiovascular endurance, and toning your muscles. Whether new to boxing or a seasoned athlete, this class provides a fun and empowering way to challenge yourself.

*Member Price: \$15 Non - Member Price: \$40*