

FITNESS GROUP CLASS SCHEDULE

AUGUST 1ST - AUGUST 31ST

MONDAY

Women's Pick Up Basketball

8:45 AM - 9:30 AM | Ages 21+

HIIT Cardio Studio

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

TUESDAY

Strength & Conditioning

Upper Body Cardio Studio

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

WEDNESDAY

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+

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

Follow us on Instagram @mscgrpx

FITNESS GROUP CLASS SCHEDULE

AUGUST 1ST - AUGUST 31ST

Bootcamp

[Ian MacLeod]

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

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

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

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

**COMING
THIS FALL!**

Men's Basketball League
Thursdays | (9/10 - 11/12)

CPR Certification Class
Tuesday, October 29th

Self-Defense Class with Ian
Wednesday, September 25th