

# FITNESS GROUP CLASS SCHEDULE

## SEPTEMBER 3RD - OCTOBER 31ST

### MONDAY

- Cardio Boxing** Cardio Studio  
8:30 AM - 9:30 AM | Ian MacLeod
- Dancebody** Yoga Studio  
8:45 AM - 9:30 AM | Dance Body
- Women's Pickup Basketball**  
8:45 AM - 9:30 AM | Ages 18+ | 34826
- 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  
9:00 AM - 10:00 AM | Janeil Mason
- Kick A\*\* Cardio** Yoga Studio  
9:30 AM - 10:30 AM | Lainey Sutton
- Pilates Reformer** Yoga Studio  
10:45 AM - 11:45 AM | Angie Liu

### WEDNESDAY

- FeeLEEEing It** Yoga Studio  
9:45 AM - 10:35 AM | Lee Zebede  
10:35 AM - 11:25 AM | Lee Zebede
- Strength & Conditioning Lower Body** Cardio Studio  
8:40 AM - 9:40 AM | Janeil Mason
- Open Court Adult Pickleball**  
7:15 PM - 9:00 PM | Ages 18+
- Men's Pickup Basketball**  
9:15 PM - 10:15 PM | Ages 18+ | 34947

### 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 | Daniella Gedalin
- Burn Baby Burn** Yoga Studio  
9:40 AM - 10:40 AM | Lainey Sutton
- HIIT** Cardio Studio  
9:30 AM - 10:30 AM | Alexz Elmore
- 5v5 Men's Basketball Leagues**  
6:00 PM - 8:00 PM | 9th-10th grade

### 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  
9:35 AM - 10:35 AM | Lainey Sutton

### POP UPS

- Self Defense Class** Cardio Studio  
Wednesday, Sept 25th  
7:00 PM - 8:00 PM | Ian MacLeod

### 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

Visit <https://moisesafracenter.org/fitnessclasspack> to learn more

### 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

- Wed. Oct. 2nd - Erev Rosh HaShanah - Early Closure
- Thu. Oct. 3rd - Rosh HaShanah Day 1
- Fri. Oct. 4th - Rosh HaShanah Day 2
- Fri. Oct. 11th - Erev Yom Kippur - Early Closure
- Wed. Oct. 16th - Erev Sukkot - Early Closure
- Thu. Oct. 17th - Erev Sukkot Day 1
- Fri. Oct. 18th - Erev Sukkot Day 2
- Wed. Oct. 23rd - Sukkot/Hoshanah Rabbah - Early Closure
- Thu. Oct. 24th - Shemini Atzeret
- Fri. Oct. 24th - Simchat Torah

### PRIVATE TRAINING

Stay on track with your fitness goals with in-person and virtual private training! Scan to book a session!



### CONTACT US!

Interested in private training, small groups, massage or a class we don't offer yet? Reach out to Atara Cohen at [acohen@moisesafracenter.org](mailto:acohen@moisesafracenter.org)

Follow us on Instagram @mscgrpx

# FITNESS GROUP CLASS SCHEDULE

SEPT 3RD - OCT 31ST

## Bootcamp

[Ilan 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

## 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: \$30 Non - Member Price: \$55

## Shadow Boxing

[Isaac Maita]

This class incorporates the art of boxing without physical contact, offering a high-intensity cardio workout that boosts your endurance, coordination, and strength.

Whether you're 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

## Burn Baby Burn

[Lainey Sutton]

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

## Men's Basketball Leagues

Clutch Sports is launching a new 5-on-5 organized basketball league. Each participant will receive a team jersey and bag. The league will feature official referees, comprehensive statistics, and a professional score clock. Our goal is to allow the boys to compete at a high level while having a good time! Players will get a jersey and a bag! (10 sessions)

Member Price: \$495 Non - Member Price: \$660

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

## Cardio Boxing

[Ilan 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: \$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

## 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