

# FITNESS GROUP CLASS SCHEDULE

## JANUARY 6TH - FEBRUARY 28TH

### MONDAY

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

**Women's Pickup Basketball**  
8:45 AM - 9:30 AM | Ages 18+ | 34826

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

**Beginner Pilates Reformer**  
Yoga Studio  
10:00 AM - 11:00 AM | Daniella Gedalin

### TUESDAY

**Open Court Adult Pickleball**  
7:15 AM - 9:15 AM | Ages 18+

**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

### WEDNESDAY

**Strength & Conditioning Lower Body** Cardio Studio  
9:00 AM - 10:00 AM | Janeil Mason

**Men's Pickup Basketball**  
9:15 PM - 10:15 PM | Ages 18+ | 34947

**FeeLEEEing It** Yoga Studio  
9:45 AM - 10:35 AM | Lee Zebede

### 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 - 9:20 AM | Daniella Gedalin

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

**HIIT** Cardio Studio  
9:45 AM - 10:30 AM | Alexz Elmore

**Men's Pickup Basketball**  
8:00 PM - 10:00 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

**Burn Baby Burn** Yoga Studio  
9:35 AM - 10:35 AM | Lainey Sutton

### POP UPS

**LMovement Mat Pilates** Yoga Studio  
8:45 AM - 9:45 AM | Lauren Mizrahi

**Monday, January 6th**  
**Monday February 10th**

**Cardio Sculpt** Yoga Studio  
8:45 AM - 9:45 AM | Simone Tawil  
**Monday, February 3rd**

### 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.
- Fitness classes canceled 5pm the day before the class are fully credited to your account to be used for future classes
- Fitness classes canceled after 5pm the day before the class are not refundable and no credit is given
- To cancel a class, a member must email the concierge to cancel a class.

### NO SESSIONS

Mon. Jan 20th - Martin Luther King Jr. Day  
Mon. Feb 17th - President's Day

### 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

### PILATES GRIP SOCKS!

Starting November 4th, pilates grip socks will be mandatory during all pilates reformer classes. Bring your own or purchase a pair at concierge for \$5.

### 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

JANUARY 6TH - FEBRUARY 28TH

## Advanced Reformer Flow

*Daniella Gedalin*

Elevate your practice with challenging sequences that enhance core strength, flexibility, and control. Perfect for experienced Pilates enthusiasts seeking a high-energy, full-body workout.

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

## Bootcamp

*[Ian MacLeod]*

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

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

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

## 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: \$35 Non - Member Price: \$65

## 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

## 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

## 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

## 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

## 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

CLASS PACKS! MEMBERS ONLY

GET UNLIMITED ACCESS TO YOUR FAVORITE FITNESS CLASSES!

YEARLY UNLIMITED OR MONTHLY UNLIMITED

- \$300 per month
  - Start seeing your savings after just 6 classes a week!
- Renews every month until told otherwise
- \$225 per month
  - Start seeing your savings after just 4 classes a week!
- Includes 2 free sauna sessions per month (sign-up required)

Please visit [www.moisesafracenter.org](http://www.moisesafracenter.org) for more details