

# FITNESS GROUP CLASS SCHEDULE

MARCH 3RD - APRIL 30TH

## 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

**Mat Pilates Sculpt** Yoga Studio  
8:45 AM - 9:45 AM | Simone Tawil  
Monday, March 3rd  
Monday, March 17th

**LMovement Mat Pilates** Yoga Studio  
8:45 AM - 9:45 AM | Lauren Mizrahi  
Monday, March 10th  
Monday, March 24th

**Women's Mini Wellness Retreat**  
9:45 AM | Wednesday, March 19th

**Fit & Lit** Yoga Studio  
10:45 AM | Monday, March 21st

**CPR & First Aid Training** 9th floor  
10:45 AM | Tuesday, April 1st

### 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

Fri. Mar 14th - Purim  
Fri. Apr 11th - Sun. Apr 20th - Passover

### 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  
Follow us on Instagram @mscgrpx