

FITNESS GROUP CLASS SCHEDULE

NOVEMBER 3RD - DECEMBER 31ST

MONDAY

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

Women's Pickup Basketball
7:30 AM - 9:15 AM | Ages 18+ | 44140

Fresh off the Mat | Yoga Studio
8:45 AM - 9:45 AM | Regina Yakubovich

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

TUESDAY

LMovement Yoga Studio
8:45 AM - 9:35 AM | Lauren Mizrahi
Class dates: 11/4, 11/18, 12/2, 12/16 & 12/30

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

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

WEDNESDAY

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

NEW Body Blast | Yoga Studio
8:30 AM - 9:20 AM | Leenor Nathan

NEW Body Blast | Yoga Studio
9:30 AM - 10:20 AM | Leenor Nathan

Men's Pickup Basketball
Basketball Court 7:15 PM - 8:45 PM | 44139

THURSDAY

Women's Pick Up Basketball
7:30 AM - 10:15 AM | Ages 18+ | 44142

Pilates Reformer Yoga Studio
8:30 AM - 9:15 AM | Lisa Seitz

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

NEW In Haus by Sarah Mat Pilates Yoga Studio
9:30 AM - 10:20 AM | Sarah Massry

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

FRIDAY

Bootcamp Cardio Studio
8:30 AM - 9:30 AM | Ian MacLeod

Fresh off the Mat | Yoga Studio
8:45 AM - 9:45 AM | Regina Yakubovich

POP-UPS

Coming soon:
Women's Mini Wellness Retreat

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

Nov 26th - Erev Thanksgiving (Early Closure)
Nov. 27th - Thanksgiving
Nov 28th - Thanksgiving
Dec. 25th - Christmas
Dec 31st - New Years Eve (Early Closure)

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

FITNESS GROUP CLASS SCHEDULE

SEPTEMBER 2ND - OCTOBER 31ST

Bootcamp [Ian MacLeod]

Bootcamp with Ian! Functional fitness + intervals of high and low intensity training.
Member Price: \$15 | Non-Member Price: \$40

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

In Haus by Sarah [Sarah Benun]

Join our new Pilates Mat Class for a full-body workout designed to build core strength, improve flexibility, and enhance posture. Whether you're new to Pilates or looking to deepen your practice, bring your mat and get ready to move, breathe, and feel your best!
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 lean and tone 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 [Lisa Seitz]

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

Fresh off the Mat [Regina Yakubovich]

Join Regina for a 60 minute, heart pumping toning class where you 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

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: \$20 | Non-Member Price: \$45

LMovement [Lauren Mizrahi]

LMovement is a Pilates Mat class that focuses on strengthening, lengthening, and toning your body with low-impact, controlled movements. Using only the mat, light weights, exercise balls etc., you'll target core stability, improve posture, and enhance flexibility. Suitable for all levels, this class offers a full-body workout that emphasizes breath, alignment, and mindful movement.
Member Price: \$25 Non - Member Price: \$50

Body Blast [Leenor Nathan]

Body Blast is a high-energy cardio and abs workout that strengthens your core and tones your entire body. Combining light weights, dynamic moves, and heart-pumping cardio, it's perfect for all fitness levels and designed to leave you feeling strong, energized, and empowered.
Member Price: \$25 Non - Member Price: \$50

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 for more details