

FITNESS GROUP CLASS SCHEDULE

MAY 1ST - JUNE 19TH

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+ | 46436

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

HIIT Cardio Studio
9:30 AM - 10:30 AM | Ian MacLeod

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

TUESDAY

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

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

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

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

Men's Pickup Basketball Basketball Court
7:15 PM - 8:45 PM | 46439

THURSDAY

Women's Pick Up Basketball
7:30 AM - 10:15 AM | Ages 18+ | 46438

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

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

HIIT Cardio Studio
9:30 AM - 10:30 AM | Leon Joseph

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

FRIDAY

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

Body Blast Yoga Studio
9:00 AM - 10:20 AM | Leenor Nathan

POP-UPS

Save the Date:
Women's Wellness Day
Tuesday, June 9th
9:00 AM | 9th & 10th floors

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

May 22nd - Shavuot
May 25th - Memorial 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
Follow us on Instagram @mscgrpx

FITNESS GROUP CLASS SCHEDULE

MAY 1ST - JUNE 19TH

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

HIIT

[Leon Joseph]

HIIT with Leon! 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

Strength & Conditioning

[Janel 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

Body Blast

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

[Leenor Nathan]

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