

FITNESS GROUP CLASS SCHEDULE

JUNE 22ND - AUGUST 31ST

MONDAY

Women's Pick Up

8:30 AM - 10:00 AM | Ages 21+

Pilates Reformer Yoga Studio

8:45 AM - 9:45 AM | Lisa Seitz

HIIT Cardio Studio

9:30 AM - 10:30 AM | Ian MacLeod

TUESDAY

Body Blast Yoga Studio

8:30 AM - 9:30 AM | Leenor Nathan

Strength & Conditioning Cardio Studio

9:10 AM - 10:10 AM | Janeil Mason

WEDNESDAY

Sweat It Out Yoga Studio

8:30 AM - 9:30 AM | Alice Franco Dweck

Strength & Conditioning Cardio Studio

9:10 AM - 10:10 AM | Janeil Mason

THURSDAY

Women's Pick Up

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 - 9:15 AM | Lisa Seitz

HIIT Cardio Studio

9:30 AM - 10:30 AM | Ian MacLeod

Body Blast Yoga Studio

9:30 AM - 10:30 AM | Leenor Nathan

PRIVATE TRAINING

Stay on track with your fitness goals with in-person and virtual private training!

Scan to book a session!



COLLEGE STUDENT PRIVATE TRAINING SPECIAL!

Home for the summer? Stay active, build strength, and keep your fitness goals on track with our special private training package exclusively for college students.

Open to students ages 18-21 | Valid from 6/1 - 8/31

Reach out to Natasha Valk at nvalk@moisesafracenter.org

CHAT WITH US!

Never miss a workout! Join our Fitness WhatsApp Chat for class alerts, new pop-ups, and registration support.

Scan below to join.



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.

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.

NO SESSIONS

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

CONTACT US!

Interested in private training, small groups, massage or a class we don't offer yet? Reach out to Natasha Valk at nvalk@moisesafracenter.org

Follow us on Instagram @mscgrp

FITNESS GROUP CLASS SCHEDULE

JUNE 22ND - AUGUST 31ST

Bootcamp

[Ian MacLeod]

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

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

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

HIIT

[Ian MacLeod]

HIIT with Ian! 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

Strength & Conditioning

[Janel Mason]

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

Sweat It Out

[Alice Franco]

A 60-minute, high-energy dance cardio party that keeps you moving from start to finish. We mix nonstop rhythm-based cardio with light weights to tone arms, legs, and core, so you're dancing, sculpting, and sweating all in one.

No stress, no overthinking, just good music, big energy, and a serious sweat.

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

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)