MOISE SAFRA CENTER

FITNESS GROUP CLASS SCHEDULE

NOVEMBER 2ND - DECEMBER 22ND

MONDAY

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

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

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

TUESDAY

Fresh off the Mat Yoga Studio
8:30 AM - 9:30 AM | Regina Yakubovich

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

THURSDAY

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

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

Dance Cardio Yoga Studio
9:30 AM - 10:30 AM | Janeil Mason

FRIDAY

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

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

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

Sweat it Out Cardio Studio
9:30 AM - 10:30 AM | Alice Franco
No Class 12/18

POP-UPS

SAVE THE DATES:

The Women's Club with Stephanie Sebag
11/18, 12/16
A women's workshop focused on honest conversation, self-reflection, and meaningful connection. Led by Master Coach Stephanie Sebag, participants will take time to pause, reset, and gain fresh perspective and clarity for their next step.

SAVE THE DATE:

Mat & Maj
Tuesday, December 15th
A little movement, a little mahjong! Join us for Mat Pilates and mahjong for the perfect blend of wellness and fun. Save the date, more info coming soon!

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

Wed. Nov. 25th - Erev Thanksgiving - Early 3PM closure
Thu. Nov 26th - Thanksgiving - Closed
Fri. Nov. 27th - Black Friday - Closed
Sun. Nov. 28th - Thanksgiving Weekend - Closed
Wed. Dec. 23rd - Fri. Jan 1st - Winter Break - Closed

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!

Pilates grip socks are 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 Marley Rosenthal at mrosenthal@moisesafracenter.org

Follow us on Instagram @mscgrpx

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NOVEMBER 2ND - DECEMBER 22ND

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: $30 Non - Member Price: $55

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

Dance Cardio *[Janeil Mason]*

Move, groove, and have fun with easy-to-follow dance cardio set to feel-good Motown and Caribbean music! All levels welcome, especially non-dancers. No experience needed! Just positive energy, great music, and a judgment-free zone to sweat and shine.

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

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

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- 3 lb 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

HIIT *[Ian Macleod]*

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 *[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

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: $15 | Non - Member Price: $30

CLASS PACKS! MEMBERS ONLY

GET UNLIMITED ACCESS TO YOUR FAVORITE FITNESS CLASSES!

YEARLY UNLIMITED OR MONTHLY UNLIMITED

Yearly Unlimited:

- $225 per month
  - Start seeing your savings after just 4 classes a week!
- Includes 2 free sauna sessions per month (sign-up required)

Monthly Unlimited:

- $300 per month
  - Start seeing your savings after just 6 classes a week!
- Renews every month until told otherwise

Email the Concierge to purchase your package today!

Please visit www.moisesafracenter.org for more details