

WINTER *Take Your Time* SCHEDULE

**pre-register for classes on the MM+ app & check for the most up to date offerings*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9:00am-10:00am
Barre
Wendy Studio 1

8:30am-9:15am
Cycle
Marleise Studio 2

6:30am-7:30am
Cycle
Beth Studio 2

8:30am-9:15am
Cycle
Marleise Studio 2

11:00am-12:00am
Sit & Be Fit
Marleise Studio 1

8:30am-9:30am
Vinyasa Yoga
Samina Studio 1

10:15am-11:15am
Balance & Mobility
Marie Studio 2

10:30am-11:30am
Gentle Cardio Yo
Diane Studio 1

8:00am-9:00am
Tai Chi Moving for Better Balance
Lia Studio 2

9:00am-10:00am
Barre
Wendy Studio 1

12:15am-1:15am
Body Shop
Leno Studio 1

8:30am-9:30am
Cycle
Marleise Studio 2

10:15am-11:15am
Cardio Mix
Diane Studio 1

12:00pm-1:00pm
Body Sculpt
Marleise Studio 1

9:00am-10:00am
Sit & Be Fit
Marleise Studio 1

10:30am-11:30am
Gentle Cardio Yo
Diane Studio 1

5:00pm-6:00pm
ZUMBA Toning
Kristen Studio 1

10:00am-11:00am
Body Sculpt
Marleise Studio 1

11:15am-12:15pm
Chair Yoga
Diane Studio 1

6:45pm-7:45pm
Pilates Mat
Helga Studio 1

9:15am-10:05am
Roll & Restore
Beth Studio 2

12:00pm-1:00pm
Body Sculpt
Marleise Studio 1

11:30am-12:30am
ZUMBA
Kristen Studio 1

12:30pm-1:30pm
Beginner Pilates Mat
Marie Studio 1

10:15am-11:15am
Cardio Mix
Diane Studio 1

5:30pm-6:30pm
Strength & Stillness-YOGA
Gianna Studio 2

SUNDAY

5:30pm-6:30pm
Vinyasa Yin Fusion
Samina Studio 1

11:15am-12:15pm
Chair Yoga
Diane Studio 1

6:45pm-7:45pm
Pilates Mat
Helga Studio 1

10:15am-11:15am
Pilates Sculpt
Helga Studio 1

5:45pm-6:45pm
Cycle
Beth Studio 2

12:15pm-1:15pm
Body Shop
Leno Studio 1

11:30am-12:30am
Slow Flow Sunday
Gianna Studio 1

4:15pm-5:15pm
Zumba
Kristen Studio 1

6:45pm-7:45pm
Energize & Unwind-YOGA
Gianna Studio 2

PILATES / MOBILITY

BEGINNER PILATES

New to Pilates or looking to strengthen your foundation? This beginner-friendly mat class introduces the core principles of Pilates: breath, alignment, and controlled movement through gentle yet effective exercises. You'll build core strength, improve posture, and increase flexibility, all while learning how to move with greater awareness and precision. Whether you're just starting out or refining your technique, this class offers a comfortable place to grow.

PILATES MAT

A full-body workout designed to build strength, flexibility, and balance using only your body weight and breath. This class emphasizes proper alignment, core stability, and mindful, flowing movements. Suitable for all fitness levels, Pilates Mat promotes graceful motion, improved posture, and a strong, resilient core.

PILATES SCULPT

This energizing mat class combines traditional Pilates exercises with light hand weights to increase resistance and help tone your entire body. You'll strengthen muscles, build endurance, and improve posture, all while focusing on controlled, precise movements and breath. A great way to sculpt your core, arms, and legs while staying true to the principles of Pilates.

BARRE

A blend of dance, Pilates, and Yoga to build strength, boost flexibility, and fire up your heart—all while having a blast at the barre!

ROLL & RESTORE

Rejuvenate your body through this guided myofascial release class using tennis balls and foam rollers. Learn self-massage techniques that apply gentle, targeted pressure to increase blood flow, release tension, and ease joint and muscle pain by working the connective tissue surrounding your muscles. Perfect for all fitness levels, this class promotes deep relaxation, improved mobility, and faster recovery leaving you feeling refreshed and restored.

BALANCE & MOBILITY

Balance and strength, mobile joints are the foundation for moving with confidence. This class focuses on improving range of motion while strengthening stabilizer muscles—from your feet and ankles to your deep core. You might even discover muscles you forgot you had! Walk away feeling more grounded, steady, and empowered with a new kind of unwavering strength. **standing & floor work*

TAI-CHI - Moving for Better Balance

This beginner-friendly program teaches and practices a series of simple, slow, and rhythmic movements designed to improve balance, flexibility, and muscle strength—helping to reduce the risk of falls. Rooted in foundational Tai Chi principles, the class focuses on posture, balance, and introduces the Tai Chi walk.

YOGA

ENERGIZE & UNWIND

This intuitively balanced class begins with an energizing Vinyasa flow—linking breath with movement through vibrant, dynamic sequences that build strength, focus, and inner heat. From there, you'll transition into the grounding stillness of Yin yoga, settling into long-held, deeply nourishing stretches designed to release tension, calm the mind and invite deep relaxation.

STRENGTH & STILLNESS

Experience an energizing flow that blends Hatha and Vinyasa, guiding you to move with your breath through a smooth, graceful sequence of poses. This practice helps you build strength, increase flexibility, and improve balance, all while cultivating a deep sense of mindfulness and inner calm. Each class concludes with a guided meditation to relax and unwind from your day.

SLOW FLOW SUNDAY

A soothing practice designed to rejuvenate your body and calm your mind. Through slow, mindful movements and deeply supported poses, you'll release tension, breathe into peace, and nurture your whole being. This is your sacred time to slow down, soften, and reconnect with yourself in a welcoming, loving space. All levels are warmly invited to join and experience true rest and renewal.

VINYASSA YIN FUSION

This balanced class combines the strength and fluidity of Vinyasa flow with the deep, meditative stillness of Yin yoga. You'll move through dynamic, breath-driven sequences to build heat and focus, then transition into long-held floor poses that gently release tension and promote deep relaxation.

CHAIR YOGA

This class guides you through standing, sitting, and gentle mat-inspired poses, all done safely from the comfort of your chair.

ACTIVE 60+

CARDIO MIX

A thoughtfully curated program designed for the active older adult, featuring low-impact, expertly guided workouts that prioritize body mechanics, balance, and alignment supporting longevity, confidence, and a vibrant quality of life in and out of the club

GENTLE CARDIO YO

An gentle, energizing class combining low-impact cardio with simple standing yoga poses—optional light weights included for added strength and balance.

SIT & BE FIT

A low-impact, chair-based strength and mobility class designed to enhance muscular endurance, joint stability, and total-body wellness—all from the comfort of a seated position. Perfect for those seeking a safe, effective workout with an emphasis on form, control, and elevated wellness.

CARDIO / STRENGTH

CYCLE

This all-levels cycling class combines classic high-intensity training with a focus on technique, intervals, and cadence drills. Build strength, power, and endurance in a fun, supportive, and energizing atmosphere.

BODY SHOP

Lock in your form and power up your muscles in this high-energy class! We mix precision technique with strength-building moves and a splash of cardio to keep your whole body fired up. Get ready to sweat, tone, and own your workout!

BODY SCULPT

Sculpt and tone every major muscle group with this dynamic workout! Combining resistance training, bodyweight moves, and core work, it challenges you throughout and finishes with a refreshing cool-down stretch.

DANCE

ZUMBA

Get ready to dance, sweat, and smile! This high-energy class blends Latin rhythms with easy-to-follow moves for a fun, full-body workout. No experience needed, just bring your energy!

ZUMBA TONING

An energizing class that combines Latin rhythms and 1-2.5lb weighted maraca toning sticks. This low impact high energy class will help build cardio strength while building your muscles. Whether you're new to fitness or a Zumba fan this class is suitable for all fitness levels.