

STUDIO 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 <i>*Ends 9/9</i>	8:30am-9:15am CYCLE Marleise Studio 2		8:30am-9:30am VINYASA YOGA Maggie Studio 1
10:15am-11:15am BALANCE & MOBILITY Marie Studio 2	10:30am-11:30am GENTLE CARDIO YO Diane Studio 1	9:00am-10:00am SIT & BE FIT Marleise Studio 1	9:00am-10:00am BARRE Wendy Studio 1	11:00am-12:00pm SIT & BE FIT Marleise 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	9:15am-10:15am ROLL & RESTORE Beth Studio 2 <i>*Starts Sep 16th</i>	10:30am-11:30am GENTLE CARDIO YO Diane Studio 1	12:15pm-1:15pm BODY SHOP Leno Studio 1	10:00am-11:00am BODY SCULPT Marleise Studio 1
11:15am-12:15pm CHAIR YOGA Diane Studio 1	5:30pm-6:30pm CORE CHARGE Jesse Studio 1	10:15am-11:15am CARDIO MIX Diane Studio 1	12:00pm-1:00pm BODY SCULPT Marleise Studio 1	5:00pm-6:00pm ZUMBA TONING Kristen Studio 1	11:30am-12:30am ZUMBA Kristen Studio 1
12:30pm--1:30pm BEGINNER PILATES MAT Marie Studio 1		11:15am-12:15pm CHAIR YOGA Diane Studio 1			
5:45pm-6:45pm CYCLE Beth Studio 2		12:15pm-1:15pm BODY SHOP Leno Studio 1			
		4:15pm-5:15pm ZUMBA Kristen Studio 1			
		6:15pm-7:15pm VINYASA YIN FUSION Samina Studio 2			
					SUNDAY 11:30am-12:30am SLOW FLOW SUNDAY Gianna Studio 1

POP-UP CLASSES

ARE SINGLE, ONE-TIME GROUP FITNESS SESSIONS DESIGNED TO OFFER A FRESH AND UNIQUE WORKOUT EXPERIENCE OUTSIDE THE REGULAR CLASS SCHEDULE. THEY GIVES MEMBERS A CHANCE TO TRY SOMETHING NEW—WHETHER IT'S A DIFFERENT FORMAT, INSTRUCTOR, OR LOCATION—ENJOY A FUN, COMMUNITY-DRIVEN ATMOSPHERE.