



STUDIO SCHEDULE

* pre-register for classes on the MM+ app up to 7 days in advance.
* check Member Me for the most up to date offerings **10/2026**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30am-9:15am CYCLE Marleise Studio 2		8:30am-9:15am CYCLE Marleise Studio 2		8:30am-9:30am VINYASA YOGA Maggie Studio 1
9:00am-10:00am BARRE Wendy Studio 1	<i>New!</i> 9:00am-10:00am CORE & BALANCE Jennifer Studio 1	9:00am-10:00am SIT & BE FIT Marliese Studio 1	9:00am-10:00am BARRE Wendy Studio 1	<i>New!</i> 9:15am-10:15am ROLL & RESTORE Beth Studio 2	8:30am-9:30am CYCLE Marleise Studio 2
10:15am-11:15am BALANCE & MOBILITY Marie Studio 2		9:15am-10:15am ROLL & RESTORE Beth Studio 2 <i>*Starts Sep 16th</i>	<i>New!</i> 10:00am-11:00am TAI CHI-1 SERIES Lia Studio 2 <i>*9/24-10/29</i>	<i>New!</i> 10:00am-11:00am CARDIO CHAIR YOGA Diane Studio 1	10:00am-11:00am BODY SCULPT Marleise Studio 1
10:15am-11:15am CARDIO MIX Diane Studio 1	10:30am-11:30am GENTLE CARDIO YO Diane Studio 1	10:15am-11:15am CARDIO MIX Diane Studio 1	10:30am-11:30am GENTLE CARDIO YO Diane Studio 1		
11:15am-12:15pm CHAIR YOGA Diane Studio 1		11:15am-12:15pm CHAIR YOGA Diane Studio 1		11:00am-12:00pm SIT & BE FIT Marleise Studio 1	11:30am-12:30am ZUMBA Kristen Studio 1
12:30pm--1:30pm BEGINNER PILATES MAT Marie Studio 1	12:00pm-1:00pm BODY SCULPT Marleise Studio 1	12:15pm-1:15pm BODY SHOP Leno Studio 1	12:00pm-1:00pm BODY SCULPT Marleise Studio 1	12:15pm-1:15pm BODY SHOP Leno Studio 1	
<i>New!</i> 5:00pm-6:00pm ZUMBA-TONING Kristen Studio 1		4:15pm-5:15pm ZUMBA Kristen Studio 1		5:00pm-6:00pm ZUMBA- TONING Kristen Studio 1	
5:45pm-6:45pm CYCLE Beth Studio 2	5:30pm-6:30pm CORE CHARGE Jennifer Studio 1				11:30am-12:30am SLOW FLOW SUNDAY J Studio 1
<i>New!</i> 6:00pm-7:00pm TOTAL BODY PUMP Jennifer Studio 1		<i>New!</i> 6:00pm-7:00pm TOTAL BODY PUMP Jennifer Studio 1			
<i>New!</i> 6:30am-7:30pm YOGA-GROUND & NOURISH J Studio 2		6:15pm-7:15pm VINYASA YIN FUSION Samina Studio 2			

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.

MOBILITY

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.

CORE & BALANCE

is a fun, low-impact class that helps you build a stronger core, improve balance, and move with greater confidence. Enjoy functional exercises designed to support everyday movement, enhance stability, and keep you feeling strong, active, and energized. Modifications are available for all fitness levels. * *standing & floor work*

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*

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!

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.

YOGA

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.

TAI-CHI - SERIES

Move, stretch, and feel your best! This fun, low-impact class combines seated cardio, gentle movement, and yoga-inspired stretches to improve strength, mobility, balance, and coordination while boosting your energy. All levels welcome!

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.

CARDIO / STRENGTH

CORE CHARGE

This high-energy, interval-style class fuses heart-pumping cardio bursts with focused, non-impact core moves for a total-body strength and endurance boost. We kick things off with a guided mobility warm-up to get you warm, limber, and ready to crush it. Then it's on to strategically timed intervals that alternate between sweaty cardio blasts and sculpting core circuits. Led by a dynamic trainer in a motivating, team-driven atmosphere, this class challenges your abs, obliques, lower back, and glutes... all while offering smart modifications for every fitness level. Come ready to sweat, strengthen, and feel unstoppable.

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.

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.

New Fall Classes

Cardio Chair- Yoga | Friday | 10:00am-10:50am | Diane | Studio 1 (10/02)

Move, stretch, and feel your best! This fun, low-impact class combines seated cardio, gentle movement, and yoga-inspired stretches to improve strength, mobility, balance, and coordination while boosting brain health. All levels welcome!

Core & Balance | Tuesday | 9:00am-10:00am | Jennifer | Studio 2 (10/06)

A fun, low-impact class that helps you build a stronger core, improve balance, and move with greater confidence. Enjoy functional exercises designed to support everyday movement, enhance stability, and keep you feeling strong, active, and energized. Modifications are available for all fitness levels. Instructor Jennifer* standing & floor work

Total Body Pump | Mon & Wed | 6:00pm-7pm | Jennifer | Studio 1 (10/05)

Turn up the music and turn up the intensity! A high-rep, full-body workout using bars and plates to build strength, endurance, and a serious pump. Big beats, nonstop movement, and a full-body burn. Lift to the beat. Feel the burn. Leave pumped.

Roll & Restore | Wed & Fri | 9:15am-10:15am | Beth | Studio 2 (9/16)

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. Instructor/Trainer: Beth

Tai Chi I Beginner Series | Thursday | 10am-11am | Lia | Studio 2 (9/24 - 10/29)

Discover the foundations of Tai Chi in this welcoming beginner-level class designed to improve balance, flexibility, coordination, and relaxation. Participants will learn basic Tai Chi principles, breathing techniques, posture, and slow flowing movements in a supportive environment. This class is ideal for those new to Tai Chi or anyone looking for a gentle, low-impact form of exercise that promotes overall wellness and stress reduction. No experience necessary.

Tai Chi I-II Beginner/Intermediate Series | Thursday | 10am-11am | Lia | Studio 2 11/05 - 12/17 (no class 11/26)

Build on foundational Tai Chi skills while developing greater balance, coordination, strength, and mind-body awareness. This beginner/intermediate class introduces more fluid movement patterns, longer sequences, and refined breathing and posture techniques. Participants should have a basic understanding of Tai Chi movements or prior beginner-level experience. Modifications are provided to accommodate varying fitness and mobility levels while encouraging continued growth and confidence in practice.

New Fall Classes

YOGA- Ground & Nourish | Monday | 6:30pm-7:30pm | J | Studio 2 (10/05)

A grounding, all-levels practice that blends mindful movement, intentional breath, and rest to nourish body and mind. Students are invited to slow down, unwind, and reconnect with themselves through a choice-centered practice that supports nervous system regulation.

ZUMBA Toning | Monday | 5:00-6:00pm | Kristen | Studio 1 (10/05)

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. Instructor: Kristen

CYCLE | Tuesday | 6:30-7:30pm | Clodagh | Studio 2 (10/06)

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. Instructor: *pre-register for class up to 7 days in advance