

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:30
Strength & Conditioning	Cross - Training	Sunrise Yoga / Mixed Cardio	Rooftop Wake Up	Power Hour
11:30 - 12:15	11:30 - 12:15	11:30 - 12:00	11:30 - 12:05	11:30 - 12:00
Strength & Conditioning	Functional Strength Training	MIX IT UP*	Coaches Choice	Cycle Strength*
12:30 - 1:15	12:30 - 1:15	12:30 - 1:00	12:30 - 1:15	12:30 - 1:15
Vinyasa Yoga	Vinyasa Yoga	Stretching	Yoga Fusion	Yoga Fusion

August

4:15 - 5:00
Bootcamp

4:15 - 4:45
Flexibility & Mobility



Class

Descriptions

Strength & Conditioning

This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout. All-Levels.

Vinyasa Yoga

Each class will start with an uplifting theme. Vinyasa-style classes flow from one posture or pose to the next following with one's breath. This class will focus on flowing through one or two postures before moving on to the next sequence.

Cross- Training

A challenging workout to get your blood flowing using weights and other props to improve strength, balance, and core while taking a rest from cardio training. All- Levels.

Functional Strength Training

This class will move you through strength exercises that will help improve activities of daily living by utilizing multiple muscle groups to perform compound movements. Beginners, Intermediate, and advanced are all welcome!

Mixed Cardio

Cardiovascular training will keep your heart rate high during the morning workout. Cardio training will be incorporated using different equipment including the rower, treadmills, and bikes. All-Levels.

Coaches Choice/ MIX IT UP*

A strength class that mixes body weight exercises with cardio and strength training. With a new workout every week, and a variety of equipment being used, these classes are designed to push participants harder than they'd push themselves and to always keep moving.

Sunrise Yoga/ Rooftop Wake Up

Wake up on Wednesday mornings with Sunrise Yoga on the 15th-floor rooftop deck. Sunrise yoga will connect stretches from one flow to the next. Thursday's rooftop wake-up will be a light workout on the 15th-floor rooftop deck. The class will vary with exercises and tempo. Beginners

Bootcamp

Finish the day with a class that will target cardiovascular health by training in a circuit style. Stations, drills, and functional equipment will be highlighted for the full 45 minutes. Intermediate and advanced options will be offered.

Class	Descriptions
Stretching	<i>Stretching will begin with dynamic short-held stretching and move into longer static stretches holding for up to 30 seconds. This class will take you through a full-body stretch.</i>
Yoga Fusion	<i>A Yin Yang style yoga fusion where the class begins with vinyasa movement including standing & balance postures. The second half of class will include yin holds for deep release & stretching.</i>
Flexibility & Mobility	<i>The class will focus on muscle groups lengthening passively through a range of motion. Mobility exercises will be incorporated to work on the ability of a joint to move actively through a range of motion. All levels</i>
Power Hour	<i>Take an hour in your morning to work out in a style that has longer rest periods while working to push through a tough sweat with weight training and explosive movements to follow. (Intermediate-Advanced)</i>
Cycle Strength*	<i>Take a step away from the desk before your weekend, hop on a bike and grab a pair of dumbbells as this class will target cardio-specific bike training and strength heading into the weekend. This class will target members to get familiar with the bike for 20 minutes and strength for 10 minutes.</i>
*	<i>Classes offered In-Person & Virtually</i>