

### MONDAY

**TABATA**  
11:20-11:50am - Jen  
High-intensity interval training in multiple rounds of fun

**CYCLE**  
12:00-12:45pm - Andrea  
45 minute cycle session combining intervals for a heart-pounding, full-body session

**SYNRGY 360 CIRCUIT**  
2:30-3:00pm - Heather  
A total body workout in stations on the Synrgy 360 hub

**CARDIO BLAST**  
5:15-5:45pm - Heather  
A high energy workout using a variety of different formats to burn calories and have fun

### TUESDAY

**CORE FOCUS**  
11:30am-12:00pm - Bill  
Tone and strengthen your core

**CHISEL**  
12:00-12:30pm - Bill  
Total body strength conditioning utilizing weights, resistance bands, and more

**POWER CIRCUIT**  
5:30-6:00pm - Drew  
Athletic cardio/strength training circuit workouts set up in stations

### WEDNESDAY

**KETTLEBELL & CORE**  
6:15-6:45am - Bill  
Fast, fun, effective kettlebell and core workout combo

**MAT PILATES**  
11:00-11:45am - Jen  
A series of Pilates exercises performed equipment-free

**CYCLE**  
12:00-12:45pm - Jen  
45 minute cycle session combining intervals for a heart-pounding, full-body session

**SYNRGY 360 CIRCUIT**  
2:30-3:00pm - Heather  
A total body workout in stations on the Synrgy 360 hub

**YOGA**  
5:30-6:30pm - Preeth  
An hour long session to stretch, strengthen, focus and relax the mind and body

### THURSDAY

**CYCLE**  
6:00-6:45am - Jen  
45 minute cycle session combining intervals for a heart-pounding, full-body session

**CHISEL**  
11:30am-12:00pm - Bill  
Total body strength conditioning utilizing weights, resistance bands and more

**ZUMBA**  
12:15-1:00pm - Jen  
Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout

**BOOT CAMP**  
5:30-6:00pm - Drew  
Maximum results with high-intensity cardio and strength conditioning

### FRIDAY

**BOOTCAMP**  
6:15-6:45am - Drew  
Maximum results with high-intensity cardio and strength conditioning

**CYCLE**  
11:00-11:45am - Drew  
45 minute cycle session combining intervals for a heart-pounding, full-body session

**YOGA**  
12:00-1:00pm - Preeth  
An hour long session to stretch, strengthen, focus and relax the mind and body

### SATURDAY

**CYCLE**  
9:00am-9:45am - Jen  
45 minute cycle session combining intervals for a heart-pounding session

All classes held in the Group Exercise studio with the exception of Synrgy Circuit which will be held on the fitness floor.

Class times, formats, and instructors are subject to change.

#### Hours of Operation

Monday-Friday: 5:30am - 8:00pm  
Saturday & Sunday: 8am - 2:00pm



# Class Descriptions



**Bootcamp** - A combination of strength and cardio conditioning exercises performed in intervals for a total body workout.

**Cardio Blast** - A high energy workout using a variety of different formats to burn calories and improve your cardiovascular endurance.

**Cycle** - A Midtown favorite! Spend the class on an intense bike ride to enliven the heart, then onto focusing on strength.

**Mat Pilates** - A series of Pilates exercises performed equipment-free, with move adapted to work with just your body and a floor mat for cushioning and support.

**Chisel** - Total body strength conditioning utilizing weights, resistance bands, and more!

**Tabata** - Strength training and cardio exercises using a variety of equipment and body weight combined with high-intensity intervals for a challenging, effective workout.

**Kettlebell & Core** - Fast, fun, effective. This training program gets you moving in various directions for a more effective total body workout and core to tighten abs and core muscles.

**Power Circuit** - Challenge yourself with this athletic cardio/strength training circuit workouts set up in stations. Time flies as you make your way around the circuit and walk or crawl away with a complete, full-body workout!

**Synrgy Circuit** - The adult fitness playground class! The ultimate multi-station equipment lets you have it all. This circuit-based class uses a variety of equipment including cables, weights, monkey bars, TRX, and more. You can increase strength, power, coordination, and agility.

**Yoga** - This class synchronizes movement and breathing while linking poses together in a flow. Cultivate flexibility, strength, balance and serenity.

**Zumba** - Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout with energizing, awe-inspiring movements meant to engage and captivate for life!