

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-7:00 CYC 6:00-7:15 SA 8:00-9:00 GE 9:15-10:15 GE 9:30-10:45 SA 9:30-10:30 CYC 11:00-11:50 GE	Cycle Rick Power Vinyasa (H) Randi Cardio Aerobics Betty NO LIMITS Betty Power Vinyasa (H) Randi Cycle Susan D Stay FIT Betty	6:00-7:00 GE 6:00-7:00 SA 7:15-8:15 CYC 9:00-9:30 GE 9:30-10:30 GE 9:30-10:30 CYC 9:30-10:45 SA 11:00-12:00 SA 11:00-12:00 GE	MXT Justin Vinyasa Yoga Stephanie Cycle Susan S Core Express Susan D Group Power Susan D Cycle Missy Power Vinyasa (H) Laura Z Pilates Flow Jill Zumba Christine	6:00-7:00 CYC 7:00-7:55 GE 8:00-9:00 SA 8:00-9:00 GE 9:00-10:00 CYC 9:15-10:15 GE 9:30-10:45 SA 11:00-11:50 GE	Cycle Kathy Core Cond. Plus Kim Power Vinyasa (H) Randi Zumba Susan S Cycle Gali Boot Camp Susan D Power Vinyasa (H) Karyn StayFIT Betty	6:00-7:00 GE 6:00-7:00 SA 7:15-8:15 CYC 8:30-9:20 GE 9:30-10:30 GE 9:30-10:30 CYC 9:30-10:45 SA 11:00-12:00 SA	Triple Fusion Steve Vinyasa Yoga Jen Spinyasa Susan S Step Essentials Jan NO LIMITS Roxanne Cycle Missy Power Vinyasa (H) Randi Yoga Lab Aimee	6:00-6:40 CYC 7:00-8:00 SA 8:00-9:00 GE 9:00-10:00 CYC 9:30-10:30 GE 9:30-10:45 SA 11:00-12:00 GE	Cycle Express Christine Sunshine Yoga Suzanne Cardio Aerobics Susan S Cycle Kathy Group Power Betty Power Vinyasa (H) Karyn Zumba Sarah	7:30-8:45 SA 8:00-9:00 CYC 8:00-9:00 GE 9:00-10:00 SA 9:05-9:30 GE 9:30-10:30 CYC 9:30-10:30 GE 10:15-11:15 SA 11:00-12:00 GE 11:00-12:00 CYC 11:15-12:15 SA	Power Vinyasa (H) Randi Cycle Kathy Group Power Betty Vinyasa Yoga Suzanne Ab Lab Betty Cycle Tony Group Step Bob Pilates All Levels Michele Group Power Tony Cycle Gali Movement Christopher	8:15-9:30 SA 8:30-9:30 CYC 9:00-10:00 GE 10:00-11:15 SA 10:30-11:30 GE 10:30-11:30 CYC 11:45-1:00 SA 11:45-12:45 GE	Yoga Open Levels Stephanie Cycle Doug H NO LIMITS Roxanne Power Vinyasa (H) Karyn Group Power Tony Cycle Jean Iyengar Yoga Mary Zumba Sarah
12:00-1:00 SA 12:15-1:15 GE 4:15-5:15 SA 4:30-5:30 CYC	Vinyasa Yoga Express Jen Peak Performance Bruce Pilates All Levels Jan Cycle Rick	12:15-1:15 GE 12:15-1:30 SA 4:45-5:45 GE 4:45-6:00 SA	Group Power Christine Gentle Yoga Mary Group Power Betty Power Vinyasa (H) Carla	12:00-1:00 CYC 12:00-1:15 SA 12:15-1:15 GE 4:15-5:15 SA	Cycle Betty Yoga Lab Jen MXT Vinny Power Vinyasa(H) Susan S	12:15-1:15 GE 12:15-1:15 SA 4:45-5:45 GE	Zumba Christine Power Pilates Flow Jill Group Power Tina	12:15-1:15 GE 12:15-1:15 CYC 1:30-2:45 SA 4:15-5:15 SA	Group Power Betty Spinyasa Susan S Gentle Yoga Mary Vinyasa Yoga Aimee	12:30-1:30 GE	MXT Vinny	3:00-4:00 SA 4:30-5:30 GE	Essential Stretch Laura Bootcamp Inez
5:00-5:50 GE 5:45-6:45 CYC 5:45-6:45 SA 6:00-6:55 GE 7:00-8:00 GE 7:00-8:15 SA	Total Body Cond. Tina Cycle Susan S Pilates Essentials Michele Group Step Tina MXT Vinny Vinyasa Yoga Tisah	5:45-6:45 CYC 5:50-6:50 GE 6:15-7:30 SA 7:00-8:00 GE	Cycle Cindy Cardio Kickboxing Betty Yoga Basics Lindsay Zumba Christine/Judith	5:00-5:50 GE 5:45-6:45 CYC 5:45-6:45 SA 6:00-6:55 GE 7:00-8:00 GE 7:00-8:15 SA	Total Body Cond. Tina Cycle Rick Pilates All Levels Michele Group Step Tina/Bob Group Power Tony Iyengar Yoga Suzanne	5:00-6:00 SA 5:30-6:30 CYC 6:00-6:55 GE 6:15-7:30 SA 7:00-8:00 GE	Yoga Basics Stephanie Cycle Doug R Bootcamp Inez Power Vinyasa (H) Stephanie Zumba Sarah	5:30-6:30 CYC 5:30-6:30 GE	Cycle Tony Peak Performance Bruce				

Location Key:
 CYC Cycle Studio
 GE Group Ex Studio
 SA Studio A
 PO Pool/Outdoors

Class times, formats, and instructors are subject to change without notice. Please check studio door for updated changes. Classes with low attendance are subject to cancellation. Classes may be taken outside weather permitting.

Special Events and Programs:

Psychewrx 2.0 Indoor Cycling	10/8-11/19	\$115
Psychewrx 2.0 Indoor Cycling	10/19-11/16	\$70
Yoga School for Beginners	10/17-11/12	\$60

Ab Lab- Intense strength training exercises focusing on the abs.

Cardio Aerobics- A fun, cardio calorie burner aerobics class for all fitness levels. May include strength training and abs.

Boot Camp- Back-to-basics workout to build stamina and strength. Includes a combination of cardio and strength drills to work the entire body.

Cardio Kickboxing- A multi-level cardio class using martial arts and boxing movements, plyometrics and weight work. Includes high intensity strength and cardio exercises to increase your fitness abilities.

Core Cond. Plus- A strength training class focusing on abs and back at a more challenging level.

Core Express- Work the abs and lower back.

Cycle- An indoor cycling cardio workout for all fitness levels.

Cycle Express- A challenging 40-45 minute indoor cycling workout for all fitness levels.

Essential Stretch- Our instructors lead you through a full-body stretch, using ropes and straps to improve flexibility and joint range-of-motion.

Gentle Yoga- Increase range of motion, promote flexibility, and experience deep relaxation while moving slowly through a sequence of poses. Perfect for newcomers and experienced yoga participants.

Group Power™- 60 minute barbell program that strengthens all of your major muscles with simple athletic moves.

Group Step™- Discover new heights! Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body, one step at a time. The intensity is up to you!

Iyengar Yoga- This method emphasizes precise alignment and subtle awareness of breath. All levels welcome.

Movement- Fun and creative dance class with special attention to alignment of the spine as well as movement foundations and flexibility. Classes taught by dance professionals

MXT(Midtown Xtreme Training)- Combines Kettlebells with challenging body and free weights movements, to give you a complete Strength, Endurance, and Flexibility workout.

NO LIMITS- Bring your fitness to the next level! This is sure to challenge you with an hour of nonstop intense intervals of

athletic movements, cardio, plyometric and boxing drills, fused with weight training and core stability activities.

Peak Performance- A multidirectional movements, agility, plyometrics and muscular endurance training all designed to improve your anaerobic conditioning. This class will test your cardiovascular system, challenge our weekend warriors and force your body to do things you didn't think were possible.

Pilates Flow-All levels - Flow through dynamic core work and tone your whole body. Get in touch with your breath, feel strong, long and lean. Class is set to a great music playlist! Practice regularly to strengthen your entire body and improve range of motion, flexibility and posture.

Pilates Essentials- Welcome all levels including beginners. Pilates Mat exercises that focus your core. Become stronger in your entire body through mindful movement. Practice regularly to improve range of motion, flexibility and posture.

Power Pilates Flow- Pilates Flow class powered up!!! We move at a quicker pace, flowing and toning your entire body!

Power Vinyasa (H)- This dynamic and challenging class builds strength and flexibility, sustains focus and revives your spirit. Previous yoga experience recommended. Room is heated.

Spinyasa- Midtown's newest hybrid class combines cycling and yoga! Spend half the class on an intense bike ride to enliven the heart. Then, move on to the mat for movements focusing on posture, flexibility and strength. This combination is pure harmony!

Stay FIT- This program is designed as a low impact, Level 1 basic class that incorporates easy to learn cardio, strength conditioning and balance moves. Appropriate for beginners, older adults and those recovering from injury.

Total Body Conditioning- Build muscular strength and endurance, burn fat, and tone muscles of the body using the weighted bars, bands, stability balls, and hand weights making this class suitable for all fitness levels!

Triple Fusion- Developing strength, power and endurance using kettlebells, add lower-body agility skills, mid-body core training for a great full-body wake up call.

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

Yoga Nerd- Explores the technology of yoga with a

sophisticated approach to alignment and its therapeutic applications.

Yoga Open Level- Designed to inspire all students and nourish your body, mind and soul by offering a full range of movement and postures. Options will be given to accommodate all levels.

Zumba- Experience this hot combination of Latin and Caribbean music and dance movements. High-energy cardio training for all levels. Class is generally instructed non-verbally.

Sunshine Yoga- Rise and shine for an early morning practice! A great combination of poses and movement, this flowing practice will bring energy, strength, and balance to your day.

Group Exercise General Information

No additional fees for any class unless otherwise noted. Instructor substitutions may occur without notice. Any class offered outdoors may be relocated or cancelled due to weather. Classes are subject to a minimal participation amount and can be removed at any time.

During class

Pace yourself - choose classes appropriate to your fitness level. As a courtesy, please avoid wearing perfume and cologne in the studio. Please bring drinking water for your workout. If you bring your cell phone to class, please make sure it is in silent mode and take all phone calls in the hallway. Please respect the group's workout, excessive talking during classes is not permitted.

For Cycle

Reservations of bikes for other members are not permitted. Any questions or comments please contact:

Group Exercise Director

Christine Kull
Email: Christine.Kull@midtown.com

Mind Body Director

Randi Lattimore
Email: randi.lattimore@midtown.com