

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-7:00 CYC	Cycle Rick	6:00-7:00 GE	MXT Justin	6:00-7:00 CYC	Cycle Kathy	6:00-7:00 GE	Triple Fusion Steve	6:00-6:40 CYC	Cycle Express Christine	7:30-8:45 SA	Power Vinyasa (H) Randi	8:15-9:30 SA	Yoga Open Level Stephanie
6:00-7:15 SA	Power Vinyasa (H) Randi	6:00-7:00 SA	Vinyasa Yoga Stephanie	7:00-7:55 GE	Core Cond. Plus Bruce	6:00-7:00 SA	Vinyasa Yoga Jen	7:00-8:00 SA	Vinyasa Yoga Suzanne	7:45-8:45 CYC	Cycle Kathy	8:30-9:30 CYC	Cycle Doug H
8:00-9:00 GE	Cardio Aerobics Betty	7:15-8:15 CYC	Cycle Susan S	8:00-9:00 SA	Power Vinyasa (H) Randi	7:15-8:15 CYC	Spinyasa (H) Susan S	8:00-9:00 GE	Cardio Aerobics Susan S	8:00-9:00 GE	Group Power Betty	9:00-9:50 GE	No Limits Roxanne
9:15-10:15 GE	No Limits Betty	8:00-9:00 SA	Movement Christopher	8:00-9:00 GE	Zumba Susan S	8:30-9:20 GE	Step Essentials Jan	9:00-10:00 CYC	Cycle Kathy	9:00-10:00 SA	Vinyasa Yoga Suzanne	9:55-10:25 GE	Core Express Tony/Roxanne
9:30-10:45 SA	Power Vinyasa (H) Randi	9:00-9:30 GE	Core Express Susan D	9:00-10:00 CYC	Cycle Gali	9:30-10:30 GE	No Limits Christine	9:30-10:30 GE	Group Power Betty	9:00-10:00 CYC	Cycle Tony	10:00-11:15 SA	Power Vinyasa (H) Karyn
9:30-10:30 CYC	Cycle Susan D	9:30-10:30 GE	Group Power Susan D	9:15-10:15 GE	Boot Camp Susan D	9:30-10:30 CYC	Cycle Missy	9:30-10:45 SA	Power Vinyasa (H) Randi	9:30-10:45 SA	Power Vinyasa (H) Christine	10:30-11:30 GE	Group Power Tony
11:00-11:55 GE	Stay FIT Betty	9:30-10:30 CYC	Cycle Missy	9:30-10:45 SA	Power Vinyasa (H) Karyn	9:30-10:45 SA	Power Vinyasa (H) Randi	11:00-12:00 SA	Yoga Lab Aimee	11:00-12:00 GE	Zumba Sarah	10:30-11:30 CYC	Cycle Jean
		9:30-10:45 SA	Power Vinyasa (H) Laura Z	11:00-11:55 GE	Stay FIT Betty	11:00-12:00 SA	Yoga Lab Aimee			10:15-11:15 SA	Pilates All Levels Michele	11:45-1:00 SA	Iyengar Yoga Mary
		11:00-12:00 SA	Pilates Flow Jill			11:00-12:00 GE	Pilates Challenge Jill			10:15-11:15 CYC	Cycle Gali	11:45-12:45 GE	Zumba Sarah
		11:00-12:00 GE	Zumba Christine							11:15-12:15 GE	Group Power Tony		
										11:15-12:15 SA	Movement Christopher		
										11:30-12:30 CYC	Cycle Doug H		
12:00-1:00 SA	Vinyasa Yoga Jen	12:15-1:15 GE	Group Power Christine	12:00-1:00 CYC	Cycle Doug R	12:15-1:15 GE	Zumba Christine	12:15-1:15 CYC	Group Power Christine	12:30-1:30 Basketball Court	MXT Vinny	3:00-4:00 SA	Essential Stretch Laura
12:15-1:15 GE	Peak Performance Bruce	12:15-1:30 SA	Gentle Yoga Mary	12:00-1:15 SA	Yoga Lab Jen	12:15-1:15 SA	Yogalates Jan	12:15-1:15 CYC	Spinyasa (H) Susan S			4:15-5:30 SA	Power Vinyasa Susan S
4:15-5:15 SA	Yoga Open Level Aimee	4:45-5:45 GE	Group Power Betty	12:15-1:15 GE	MXT Vinny	4:45-5:45 GE	Group Power Tina	1:45-3:00 SA	Gentle Yoga Mary			4:30-5:30 GE	Bootcamp Inez
4:30-5:30 CYC	Cycle Rick	4:45-6:00 SA	Power Vinyasa (H) Carla	4:15-5:15 SA	Power Vinyasa (H) Susan S			4:45-5:45 SA	Vinyasa Yoga Aimee				
5:00-5:50 GE	Total Body Cond. Tina	5:45-6:45 CYC	Cycle Cindy	5:00-5:50 GE	Total Body Cond. Tina	5:00-6:00 SA	Yoga Basics Stephanie	5:30-6:30 CYC	Cycle Tony				
5:45-6:45 CYC	Cycle Susan S	5:50-6:50 GE	Cardio Kickboxing Betty	5:45-6:45 CYC	Cycle Rick	5:30-6:30 CYC	Cycle Doug R	5:30-6:30 GE	Peak Performance Bruce				
5:45-6:45 SA	Pilates Essentials Michele	6:15-7:30 SA	Yoga Basics Lindsay	5:45-6:45 SA	Pilates All Levels Michele	6:00-6:55 GE	Bootcamp Inez						
6:00-6:55 GE	Group Step Tina	7:00-8:00 GE	Zumba Christine/Judith	6:00-6:55 GE	Group Step Tina/Bob	6:15-7:30 SA	Power Vinyasa (H) Stephanie						
7:00-8:00 GE	MXT Vinny			7:00-8:00 GE	Group Power Tony	7:00-8:00 GE	Zumba Sarah						
7:00-8:15 SA	Vinyasa Yoga Tisah			7:00-8:15 SA	Iyengar Yoga Suzanne								
7:00-8:00 CYC	Cycle Tony/Missy			7:00-8:00 CYC	Cycle Christine								

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:
 Psyclerwx 2.0 Indoor Cycling January 7 – February 11th \$100
 Yoga School for Beginners January 9th – February 4th \$60
 Cycle for Hope Saturday, February 4th 8am-2pm

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.

(Monday Nights Class limited to 45 people)

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 All Levels – A series of controlled movements designed to enhance strength, flexibility, control & balance. The emphasis is on conditioning your core, and strength for abs & back.

Pilates Flow - 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 Challenge- A fun, fitness based Pilates class that will challenge your core and strengthen your entire body.

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 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.

Step Essentials- A low impact step class that incorporates simple choreography followed by muscular endurance exercises for all levels.

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 Basics- For beginning students and those wishing to practice at a more moderate pace. Learn alignment in the poses, build strength, improve circulation and leave feeling relaxed and refreshed.

Yoga Lab- Explores the technology of yoga with a sophisticated approach to alignment and its therapeutic applications.

Yogalates- A fusion of yoga and Pilates that combines the stretching aspect of yoga and toning aspect of Pilates for a great full body workout.

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.

Zumba® Toning – Rock it. Shake it. Tone your body with this exhilarating calorie burning Zumba workout with maraca-style toning sticks.

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

Saturday 9am cycle – this class uses a number system to reserve a bike. Sign in at the front desk starting 30 minutes prior to class. Reservations of bikes for other members are not permitted.

Any questions or comments please contact:

Group Exercise Director

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Mind Body Director

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