



# BENEFITNESS

## July 2025 Class Schedule

\*Indicates Co-Ed/Gender Neutral Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:15-7:15am <b>*Spin &amp; Core</b> Dalya			
	9:00-10:00am <b>Yoga Flow</b> Ines	9:30-10:30am <b>*Flex</b> Lucia			8:45-9:30am <b>Spin</b> TBD	9:30-10:30am <b>*Flex</b> Laura N.
10:30-11:30am <b>Power &amp; Grace</b> CC	10:00-11:00am <b>Lite Cardio &amp; Balance</b> Kelly	10:30-11:15am <b>Nia</b> Janice	9:30-10:30am <b>*Power &amp; Grace</b> Laura N.		9:15-10:00am <b>Balletone</b> Kathleen	10:30-11:30am <b>Restorative Yoga</b> Lauren
				10:30-11:30am <b>*Yoga Flow</b> Ines	10:15-11:00am <b>*Cardio Core</b> CC	
5:30-6:30pm <b>*Flex</b> Claire		5:30-5:45pm <b>*All Core</b> CC			11:00-11:45am <b>*Flex</b> CC	3:30-4:30pm <b>*Yoga Sculpt</b> Gen Class canceled after 7/13
6:00-6:45pm <b>*Spin</b> Laura A.	5:45-6:30pm <b>Barre</b> Kathleen	5:45-6:30pm <b>*Step &amp; Kick</b> CC	5:30-6:30pm <b>*Flex</b> Claire			
6:30-7:15pm <b>*Zumba</b> Xiomara	6:30-7:15pm <b>*Cardio Core</b> Zoey	6:30-7:30pm <b>*TRX</b> CC Paid Class	6:30-7:15pm <b>*Zumba</b> Michelle			
7:30-8:30pm <b>Total Body Pilates</b> Ann Marie		7:30-8:30pm <b>*Pilates with Props</b> Laura N.	7:30-8:30pm <b>*Yin Yoga</b> Ines			*Schedule subject to change *Refer to website for up-to-date schedule!