



BENEFITNESS

February 2025 Class Schedule

*Indicates Co-Ed/Gender Neutral Class

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