

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MORNING				
6:00-6:55A INDOOR	Sunrise Yoga Christina	Barre Fusion Carmel	Sunrise Yoga Christina	Barre Fusion Carmel	Sunrise Yoga Christina
6:00-6:55A OUTDOOR	Muscle Sculpt Brandon	Sunrise Spin Silke	Muscle Sculpt Brandon	Sunrise Spin Silke	Muscle Sculpt Brandon
7:00-7:55A INDOOR		Vinyasa Yoga Bianca		Vinyasa Yoga Susie	
7:00-7:55A OUTDOOR	Power Hour Brandon	Power Hour Jorge	Power Hour Brandon	Power Hour Jorge	Power Hour Brandon
11:00-11:55A INDOOR		Energy Circuit Matthew		Energy Circuit Matthew	
	AFTERNOON				
12:00-12:55P INDOOR	Vinyasa Yoga Arezou	Barre Andrea	Vinyasa Yoga Sofie	Barre Andrea	Vinyasa Yoga Karen
12:00-12:55P OUTDOOR	Spinergy Frances	Score Matthew	Spinergy Frances	Score Matthew	Spinergy Frances
1:00-1:55P INDOOR	Pilates Secil	Energy Circuit Matthew	Pilates Secil	Energy Circuit Matthew	Pilates Secil
1:00-1:55P OUTDOOR	Spartacus George	Swim Club Kristina	Spartacus George	Swim Club Kristina	Spartacus George
	EVENING				
4:30-5:25P INDOOR	Restorative Yoga Allison	INSANITY® LIVE Jerome	Restorative Yoga Allison	INSANITY® LIVE Jerome	Restorative Yoga Allison
5:30-6:25P INDOOR	Barre Frances	Power Yoga Kim	Barre Andrea	Power Yoga Sae	
5:30-6:25P OUTDOOR	Power Hour Michael	Power Hour George	Power Hour Michael	Power Hour George	Power Hour Michael
6:30-7:25P INDOOR	Sunset Yoga Frances	Total Body Burn Frances	Sunset Yoga Arezou	Total Body Burn Frances	

	SATURDAY	SUNDAY
9:00-9:55A INDOOR	Vinyasa Yoga Bianca	Cardio Dance Silke
9:00-9:55A OUTDOOR	Power Hour Matthew	Shed & Shred Jorge
10:00-10:55A INDOOR	Barre Andrea	Vinyasa Yoga Chris
10:00-10:55A OUTDOOR	Energy Circuit Matthew	
11:00-11:55A INDOOR		Restorative Yoga Frances

SPRING 2019

Group Class Schedule

WEEKDAYS 5AM - 9PM

WEEKENDS 7AM - 7PM

SMALL GROUP TRAINING

XFIT
 MON - FRI
 7AM 12PM
 TUES & THUR
 11AM

Class Reservations
 Online:
BroadwayAthletic.com
 Download Our App:
 Flex Fitness Center



Strength

BARRE An energetic, sweaty fusion of Pilates, ballet- inspired movements, and yoga; all set to fast-paced, hip music. Weights and bands add cardio conditioning and total body toning.

BARRE FUSION Free weights and body weight moves with a focus on total body strength.

CYCLE CIRCUIT Fuses cycling with resistance training, core strengthening and flexibility.

ENERGY CIRCUIT A high energy rotation of strength training, cardio and body weight exercises that will strengthen and define your muscles and keep your heart rate elevated for max calorie burn.

MUSCLE SCULPT The ultimate total body conditioning routine utilizing various equipment to sculpt and strengthen your muscles.

POWER HOUR Cardio exercises combined with kettlebells, dumbbells and plyometric strength exercises. Burn and sweat!

SCORE Improve performance in your everyday activities with this blend of whole body functional movements. This class utilizes interval, agility, core toning, and strength movements for the athlete in all of us.

SHED & SHRED This class is packed with a variety of high energy cardio, weight training circuits, agility drills and intervals that will help you shed the fat and improve muscle definition in no time.

SPARTACUS A scorching routine that works every muscle in your body. Crave your body with an assortment of strength training exercises.

TOTAL BODY BURN This class will always be a surprise, utilizing different equipment and different movements to deliver a tough, comprehensive strength and cardio session!

Stretch

PILATES Pilates mat exercises stretch and engage every muscle in your body with special emphasis on your core.

RESTORATIVE YOGA A gentle yoga practice using props to aid the body in releasing tension and enhancing range of motion through extended time in relaxing poses. Beneficial to students looking for calm and renewed adaptations of classic yoga poses.

SUNRISE YOGA An all-levels class providing a good stretch in the morning and more energy for the day. This class includes body alignment, breathing, and relaxation.

SUNSET YOGA Unwind at the end of the day and enjoy yoga postures designed to release tension, improve balance, flexibility, and focus.

VINYASA YOGA A yoga experience focusing on sequential movement and postures to form a continuous flow.

POWER YOGA An athletic style of Vinyasa yoga, strongly rooted in traditional Ashtanga. Participants move through a series of postures combining movement with breath, while building strength and flexibility.

Cardio

CARDIO DANCE This cardio dance class workout will burn and energize your entire day.

SUNRISE SPIN Awaken your senses and start the day with this invigorating and energizing cycling class.

SPINERGY Take a break from your work day and boost your energy with this high-intensity, fat burning class on the spin bikes!

SWIM CLUB Get comfortable in the pool and brush up your technique.

INSANITY® LIVE uses MAX Interval Training which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest.

Class Guidelines

- Classes and instructors are subject to change without notice.
- Classes are co-ed and offered on a first-come, first-served basis.
- Fitness center membership is required to participate in classes.
- If you are pregnant, have other medical changes that may affect your workout, or if it is your first time in class, please inform the instructor.
- Be considerate of the other members' exercise space.
- Reserving places is not permitted.
- Please arrive on time. For safety, no one will be permitted to enter class after the warm-up.
- Proper footwear is required.
- Please return all equipment to its proper storage area.
- If you must exit class early, please notify the instructor to let them know you are OK.
- Always work at your own pace, and HAVE FUN!

Class Reservations

Online:
BroadwayAthletic.com

Download Our App:
Flex Fitness Center

XFIT

Work all your movement patterns, and reach every part of your body with XFIT small group training. Let us help you drive results through personalized attention in a group setting of 4-8 clients.

Free Assessment

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