

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS	Damage Control <i>Michael Palmer</i>	6:00-6:45 CS◆	CrossCycle® <i>Chris Gagnon</i>	6:00-6:30 MS◆	Firestarter <i>Samantha Poccia</i>	5:45-6:45 YS	Power Yoga <i>Courtney Mitchell</i>	6:15-6:45 MS	Body Conditioning <i>George Dossas</i>	9:00-9:45 CS◆	Performance Cycling <i>Diana Zalaquett</i>	9:15-10:00 MS	Tabata Cardio <i>Justin Holmes</i>
6:30-7:15 CS◆	Studio Cycling <i>Jennifer Smith</i>	6:15-7:00 MS	Tabata <i>Richard Guptill</i>	6:30-7:30 YS	Happy Hour Yoga <i>Jacqui Mimno</i>	6:00-7:00 CS◆	CrossCycle® <i>Chris Gagnon</i>	6:30-7:30 YS	Happy Hour Yoga <i>Jacqui Mimno</i>	9:00-9:45 MS◆	Ropes and Rowers <i>Samantha Burke</i>	10:00-10:45 MS	THE CUT <i>Ali Baldassare</i>
6:30-7:30 YS	Vinyasa Yoga <i>Jessica Pate</i>	7:00-7:45 CS◆	CrossCycle® Stripped <i>Chris Gagnon</i>	6:35-7:20 CS◆	Studio Cycling <i>Amanda Lilley</i>	6:15-7:00 MS	METCON3 <i>Ali Baldassare</i>	6:45-7:30 MS	Iron Tabata <i>George Dossas</i>	10:00-10:45 MS	Pilates Fusion <i>Jennifer Phelan</i>	10:00-11:00 YS	Alignment Flow Yoga <i>Ali Singer</i>
7:15-8:00 BR◆	T.K.O. Circuit <i>Pierre Etienne</i>	7:00-7:15 MS	Hard CORE Cuts <i>Ali Baldassare</i>	6:45-7:00 MS	Hard CORE Cuts <i>Chris Gagnon</i>	7:00-7:45 YS	Barre <i>Alicia Tremblay</i>	7:00-7:50 TR◆	Precision Running® <i>Jessica Lopez</i>	10:00-11:00 YS	Yoga Core <i>Paloma Cabrera-Lustig</i>	11:10-11:45 YS	Stretch Therapy <i>Ali Singer</i>
11:30-12:15 YS	Barre <i>Jacqui Mimno</i>	7:15-8:00 MS	EQX Barre Burn <i>Ali Baldassare</i>	7:00-7:45 MS◆	Ropes and Rowers <i>Chris Gagnon</i>	7:15-8:00 MS◆	PURE STRENGTH: SUMMER EDITION <i>Ali Baldassare</i>	11:30-12:00 CS◆	Performance Cycling <i>Chris Gagnon</i>				
12:00-12:30 MS◆	Firestarter <i>Maryanne Blake</i>	11:30-12:00 YS	Pilates Fusion (L2) <i>Nicole Burzduk</i>	7:15-8:00 TR◆	Precision Running® <i>Ian Lemieux</i>	11:30-12:00 YS	Pilates Fusion <i>Jacqui Mimno</i>	12:00-12:30 MS◆	Firestarter <i>Ali Baldassare</i>				
12:15-1:00 CS◆	Studio Cycling <i>Joseph Raccuglia</i>	12:00-12:45 MS◆	Shockwave <i>Chris Gagnon</i>	12:00-12:45 MS◆	Whipped! <i>Cindy Sherwood</i>	12:00-12:30 MS	Stacked! <i>Ali Baldassare</i>	12:15-1:00 CS◆	CrossCycle® Stripped <i>Chris Gagnon</i>				
12:30-1:15 BR◆	Cardio BOX <i>Cindy Sherwood</i>	12:05-12:35 YS	Pilates Fusion (L2) <i>Nicole Burzduk</i>	12:15-1:00 CS◆	Studio Cycling <i>Richard Guptill</i>	12:05-12:35 YS	Pilates Fusion <i>Jacqui Mimno</i>	12:30-1:15 BR◆	T.K.O. Circuit <i>Cindy Sherwood</i>				
12:30-1:30 YS	Vinyasa Yoga <i>Gale Gaicobbe</i>	12:15-1:00 CS◆	Cycle Beats <i>Sara Steele-Rogers</i>	12:30-1:15 BR◆	Cardio BOX <i>Kelly Brabants</i>	12:15-1:00 CS◆	Cycle Beats <i>Sara Steele-Rogers</i>	12:30-1:30 YS	Vinyasa Yoga <i>Kaf Colla</i>				
12:45-1:30 MS◆	PURE STRENGTH <i>Maryanne Blake</i>	12:45-1:45 YS	Vinyasa Yoga <i>Kat Colla</i>	12:30-1:30 YS	Vinyasa Yoga <i>Michael Aliba</i>	12:35-1:20 MS	Tabata <i>Ali Baldassare</i>	12:45-1:30 MS	EQX Barre Burn <i>Ali Baldassare</i>				
12:50-1:40 TR◆	Precision Running® <i>Ali Baldassare</i>	12:50-1:35 MS	Lean Line <i>Kara Duval</i>	12:50-1:35 MS	Pilates <i>Ali Baldassare</i>	12:45-1:45 YS	Vinyasa Yoga <i>Niav Connor</i>	12:50-1:30 MS	Best Abs Ever <i>Sara Steele-Rogers</i>				
5:00-5:30 MS	Best Abs Ever <i>Chad Flahive</i>	5:15-5:30 MS	Hard CORE Cuts <i>Cindy Sherwood</i>	5:30-6:15 CS◆	Cycle Beats <i>Sara Steele-Rogers</i>	5:15-5:30 MS	Hard CORE Cuts <i>Samantha Burke</i>	5:30-6:45 YS	Happy Hour Yoga <i>Carrie Seyer</i>				
5:30-6:15 CS◆	Tour de France Ride <i>Chris Gagnon</i>	5:15-5:45 YS	Meditation <i>Rebecca Pacheco</i>	5:30-6:20 MS	Tabata <i>Paula Fonseca</i>	5:30-6:15 CS◆	Cycle Beats <i>Ali Baldassare</i>	5:45-6:30 MS	METCON3 <i>Sara Steele-Rogers</i>				
5:30-6:20 MS◆	Whipped! <i>Chad Flahive</i>	5:30-6:15 CS◆	Breathless: The Ride <i>Ali Baldassare</i>	5:30-6:30 YS	Vinyasa Yoga <i>Susan Hart</i>	5:30-6:20 MS◆	Ropes and Rowers <i>Samantha Burke</i>						
5:30-6:45 YS	Vinyasa Yoga <i>Johnathon Holmes</i>	5:30-6:15 MS	METCON3 <i>Cindy Sherwood</i>	6:00-6:45 BR◆	Boxing <i>Pierre Etienne</i>	5:45-7:00 YS	Vinyasa Yoga <i>Dan Steel</i>						
6:00-6:45 BR◆	T.K.O. Circuit <i>Cindy Sherwood</i>	5:45-7:00 YS	Vinyasa Yoga <i>Rebecca Pacheco</i>	6:30-7:15 MS	EQX Barre Burn <i>Meagan Fitzgerald</i>	6:30-7:15 MS	Stacked! <i>Sara Steele-Rogers</i>						
6:30-7:30 CS◆	CrossCycle® Stripped <i>Chris Gagnon</i>	6:30-7:20 MS	Tabata Cardio <i>Cindy Sherwood</i>	6:30-7:00 YS	Runner's Reset® <i>Rachel Poor</i>								
6:30-7:15 MS	Pilates Fusion <i>Jennifer Phelan</i>	7:00-7:50 TR◆	Precision Running® <i>Courtney Mitchell</i>	7:00-8:00 YS	Yoga Core <i>Rachel Poor</i>								
7:20-7:50 MS◆	Firestarter <i>Ali Baldassare</i>												

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MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 8:00PM
SAT & SUN: 8:00AM - 4:00PM

GROUP FITNESS MANAGER

ALI BALDASSARE
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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio
BR	Boxing Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

BREATHLESS: THE RIDE Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

CROSSCYCLE® Get ready for a complete endurance, strength and conditioning program! Using the bike and hand weights, this class takes you on and off the bike for an intense total body workout designed for endurance athletes and fitness enthusiasts looking for the complete package all in one class.

CROSSCYCLE® STRIPPED Similar to CrossCycle®, this class utilizes the bike and body weight for an intense on and off the bike total body workout designed for fitness enthusiasts looking to get out of their comfort zone. Take yourself to the next level with challenging drills that will leave you feeling the burn.

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TOUR DE FRANCE RIDE Celebrate the most prestigious bike race in the world in this indoor cycling experience, inspired by the 104th Le Tour de France. Pedal like a pro through France and it's bordering countries and see how much of the 3,540 kilometers of the 2017 route you can cover in just 45 minutes.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

ALIGNMENT FLOW YOGA This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

HAPPY HOUR YOGA A Mixed level class that will work your entire body in one hour. Fluid, heat building and full of joy. This class will be the happiest, healthiest hour of your day.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

YOGA CORE Full practice session of fiery and

fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

ATHLETIC TRAINING

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

IRON TABATA A dynamic conditioning kettlebells experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

SHOCKWAVE Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TABATA CARDIO Apply the Tabata Formula to Cardio Drills and Flowing Cardio for a sweaty results- guaranteed workout. 4 minute Tabata intervals (8 rounds: 20 second high intensity training & 10 seconds active rest) between cardio sets. The Tabata Protocol is proven to physiologically transform your body.

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

LEAN LINE Raise ballet to the next level with cardio, light weights and body-weight resistance for a full-body, high-energy workout.

CONDITIONING

BEST ABS EVER Chisel your core and ignite

your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

DAMAGE CONTROL This high intensity strength training class combines short cardiovascular segments with intervals that focus on strength, balance, and core conditioning

HARD CORE CUTS Need to add the finishing touches to your strength and cardiovascular workouts? This class will strengthen your core (abs, low back and more) and incorporate stretches for the whole body.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

PURE STRENGTH: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

BOXING & MARTIAL ARTS

BOXING A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

CARDIO BOX Tae-Bo style with upper body punches, push ups, squats and lunges set to insanelly motivating music. An intense and challenging fat burner.

T.K.O. CIRCUIT A dynamic and high intensity boxing circuit comprised of cardio, punching and kicking drills with a focus on form and technique.

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

ACTIVE REGENERATION

MEDITATION Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.

RUNNER'S RESET® Reset, Restore and Recover pre or post run. Myofascial routines, athletic stretching, breath and mindset combine for the ultimate pre/post or day off routine. Stretch your run with the tools and techniques used by elite athletes and lifelong runners.