

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30–7:15 MS ◆ Athletic Conditioning <i>Hendrick Famutimi</i>	6:15–7:00 MS ◆ Tabata Max <i>Waz Ashayer</i>	6:30–7:15 MS ◆ Master of One <i>Sandy Wasserbach</i>	6:15–7:00 MS ◆ MET CON3 <i>Johnny Fountoulakis</i>	7:00–7:45 CS ◆ Cycle Power <i>Sandy Wasserbach</i>	7:00–7:45 CS ◆ Cycle Power <i>Kari McCreath</i>	7:00–7:45 YS ◆ Barre <i>Yaz Mohamed</i>	7:00–7:45 MS ◆ Stacked! <i>Kyle Edwards</i>	8:00–8:45 BR ◆ TRX Max <i>Johnny Fountoulakis</i>	8:15–9:00 MS ◆ Tabata Max <i>Hendrick Famutimi</i>	8:15–9:00 MS ◆ Pilates Mat <i>Marcela Rafalowska</i>	8:15–9:00 MS ◆ Stacked! <i>Vitor Metzker Femandes</i>	9:00–9:45 YS ◆ True Barre <i>Michelle Morrey</i>	8:45–9:45 YS ◆ Athletic Yoga <i>Antonia Reed-Felstead</i>
7:45–8:30 MS ◆ MET CON3 <i>Hendrick Famutimi</i>	7:00–7:45 CS ◆ Cycle Power <i>Sandy Wasserbach</i>	7:15–8:15 YS ◆ Athletic Yoga <i>Antonia Reed-Felstead</i>	7:30–8:15 MS ◆ Precision Run@ <i>Sandy Wasserbach</i>	7:00–7:45 YS ◆ Barre <i>Stephane Anelli</i>	7:45–8:35 TR ◆ Precision Run@ <i>Sandy Wasserbach</i>	8:45–9:45 YS ◆ Vinyasa Yoga <i>Minna Skirgard</i>	8:45–9:45 YS ◆ Vinyasa Yoga <i>Minna Skirgard</i>	9:00–9:45 YS ◆ Barre <i>Tara Lee Oakley</i>	9:30–10:15 MS ◆ Tabata Max <i>Johnny Fountoulakis</i>	9:00–9:45 CS ◆ Cycle Power <i>Kari McCreath</i>	9:30–10:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	9:00–9:45 YS ◆ True Barre <i>Michelle Morrey</i>	9:15–10:00 CS ◆ Cycle Beats <i>Tsuki Harris</i>
8:00–8:50 TR ◆ Precision Run@ <i>Nicky Lopez</i>	7:30–8:15 MS ◆ STRONG <i>Waz Ashayer</i>	8:00–8:45 MS ◆ Tabata Max <i>Charlie Peters</i>	9:15–10:00 YS ◆ True Barre <i>Michelle Morrey</i>	8:15–9:15 YS ◆ Vinyasa Yoga <i>Antonia Reed-Felstead</i>	9:15–10:00 YS ◆ True Barre <i>Michelle Morrey</i>	9:15–10:00 YS ◆ Stacked! <i>Andy Cannon</i>	10:00–10:50 TR ◆ Precision Run@ <i>Justin Reid-Simms</i>	10:00–10:50 TR ◆ Precision Run@ <i>Justin Reid-Simms</i>	10:00–10:50 TR ◆ Precision Run@ <i>Deena Pierce</i>	10:00–10:50 TR ◆ Precision Run@ <i>Deena Pierce</i>	10:00–10:50 TR ◆ Precision Run@ <i>Deena Pierce</i>	10:30–11:30 YS ◆ Vinyasa Yoga <i>Adam Husler</i>	9:45–10:30 MS ◆ Athletic Conditioning <i>Natalie Hope</i>
9:00–9:45 YS ◆ True Barre <i>Michelle Morrey</i>	8:45–9:35 TR ◆ Precision Run@ <i>Waz Ashayer</i>	9:30–10:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	10:00–10:45 CS ◆ Cycle Beats <i>Nicky Lopez</i>	9:15–10:00 MS ◆ MET CON3 <i>Sandy Wasserbach</i>	10:30–11:30 YS ◆ Vinyasa Yoga <i>Adam Husler</i>	10:45–11:35 TR ◆ Precision Run@ <i>Andy Cannon</i>	12:00–1:00 YS ◆ Athletic Yoga <i>Heather Driver</i>	12:15–1:00 MS ◆ Tabata Max <i>Charlie Peters</i>	12:15–1:00 MS ◆ Tabata Max <i>Charlie Peters</i>	12:30–1:15 MS ◆ Tabata Max <i>Vitor Metzker Femandes</i>	12:30–1:15 MS ◆ Tabata Max <i>Vitor Metzker Femandes</i>	10:30–11:30 YS ◆ Vinyasa Yoga <i>Adam Husler</i>	10:15–11:15 BR ◆ Boxing <i>Robert Lynch</i>
10:00–10:45 CS ◆ Cycle Power <i>Sandy Wasserbach</i>	9:15–10:00 MS ◆ MET CON3 <i>Sandy Wasserbach</i>	10:00–10:45 CS ◆ Cycle Beats <i>Nicky Lopez</i>	12:30–1:15 CS ◆ Cycle Power <i>Nicky Lopez</i>	10:30–11:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	11:00–11:30 YS ◆ Vinyasa Yoga <i>Adam Husler</i>	12:00–1:00 YS ◆ Athletic Yoga <i>Heather Driver</i>	12:30–1:15 MS ◆ Tabata Max <i>Vitor Metzker Femandes</i>	1:45–2:45 YS ◆ Yin Yoga <i>Ferdi Skoberla</i>	12:30–1:15 MS ◆ Tabata Max <i>Vitor Metzker Femandes</i>	10:30–11:30 CS ◆ Cycle Beats <i>Vitor Metzker Femandes</i>	10:30–11:30 YS ◆ Vinyasa Yoga <i>Roberto Bitetto</i>	10:30–11:30 YS ◆ Vinyasa Yoga <i>Roberto Bitetto</i>	10:30–11:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
10:00–10:45 MS ◆ Best Butt Ever <i>Michelle Morrey</i>	11:00–11:45 MS ◆ Tabata Max <i>Charlie Peters</i>	10:30–11:30 YS ◆ Vinyasa Yoga <i>Adam Husler</i>	5:30–6:15 MS ◆ Tabata Max <i>Hendrick Famutimi</i>	12:00–1:00 YS ◆ Vinyasa Yoga <i>James Rafael</i>	12:15–1:00 MS ◆ Stacked! <i>Charlie Peters</i>	5:30–6:15 MS ◆ Tabata Max <i>Hendrick Famutimi</i>	5:15–6:00 YS ◆ Pilates Mat <i>Michelle Morrey</i>	5:15–6:00 YS ◆ Pilates Mat <i>Michelle Morrey</i>	5:15–6:00 YS ◆ Pilates Mat <i>Michelle Morrey</i>	11:30–12:20 TR ◆ Precision Run@ <i>Deena Pierce</i>	12:15–1:00 MS ◆ Athletic Conditioning <i>Vitor Metzker Femandes</i>	11:30–12:20 TR ◆ Precision Run@ <i>Deena Pierce</i>	10:45–11:30 CS ◆ Cycle Power <i>Nicky Lopez</i>
10:15–11:05 TR ◆ Precision Run@ <i>Charlie Peters</i>	12:30–1:20 TR ◆ Precision Run@ <i>Johnny Fountoulakis</i>	11:00–11:30 YS ◆ Vinyasa Yoga <i>Adam Husler</i>	6:15–7:15 BR ◆ Boxing <i>Daniel Terry</i>	12:15–1:00 MS ◆ Stacked! <i>Charlie Peters</i>	12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	6:15–7:15 BR ◆ Boxing <i>Daniel Terry</i>	6:30–7:15 YS ◆ MET CON3 <i>Allan Wu</i>	6:30–7:15 YS ◆ MET CON3 <i>Allan Wu</i>	6:30–7:15 YS ◆ MET CON3 <i>Allan Wu</i>	12:30–1:20 TR ◆ Precision Run@ <i>Johnny Fountoulakis</i>	12:30–1:20 TR ◆ Precision Run@ <i>Johnny Fountoulakis</i>	12:30–1:15 YS ◆ Barre <i>Natalie Hope</i>	11:15–12:00 MS ◆ STRONG <i>Natalie Hope</i>
10:30–11:30 YS ◆ Vinyasa Yoga <i>Adam Husler</i>	5:45–6:45 BR ◆ Boxing <i>Robert Lynch</i>	11:00–11:30 YS ◆ Vinyasa Yoga <i>Adam Husler</i>	6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	1:00–1:45 CS ◆ Cycle Beats <i>Sandy Wasserbach</i>	6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:15 YS ◆ MET CON3 <i>Allan Wu</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:20 TR ◆ Precision Run@ <i>Johnny Fountoulakis</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	12:30–1:15 YS ◆ Barre <i>Natalie Hope</i>	12:00–12:50 TR ◆ Precision Run@ <i>Nicky Lopez</i>
12:15–1:00 YS ◆ Barre <i>Yaz Mohamed</i>	5:45–6:45 YS ◆ Barre <i>Yaz Mohamed</i>	1:00–1:45 CS ◆ Cycle Beats <i>Sandy Wasserbach</i>	6:40–7:30 TR ◆ Precision Run@ <i>Deena Pierce</i>	12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	1:45–2:45 YS ◆ Vinyasa Yoga <i>Ferdi Skoberla</i>	6:40–7:30 TR ◆ Precision Run@ <i>Deena Pierce</i>	6:30–7:15 YS ◆ MET CON3 <i>Allan Wu</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Barre <i>Natalie Hope</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
12:30–1:15 MS ◆ MET CON3 <i>Allan Wu</i>	6:00–6:45 CS ◆ Cycle Beats <i>Layton Taylor</i>	1:45–2:45 YS ◆ Vinyasa Yoga <i>Ferdi Skoberla</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:30–6:15 CS ◆ Cycle Beats <i>Johnny Fountoulakis</i>		6:30–7:15 YS ◆ MET CON3 <i>Allan Wu</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
1:00–1:45 CS ◆ Cycle Beats <i>Lucy Usher</i>	6:15–7:00 MS ◆ MET CON3 <i>Hendrick Famutimi</i>	5:30–6:15 CS ◆ Cycle Beats <i>Johnny Fountoulakis</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
1:45–2:45 YS ◆ Vinyasa Yoga <i>Antonia Reed-Felstead</i>	6:15–7:00 MS ◆ MET CON3 <i>Hendrick Famutimi</i>	5:30–6:15 CS ◆ Cycle Beats <i>Johnny Fountoulakis</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
5:15–6:00 BR ◆ TRX Max <i>Charlie Peters</i>		5:30–6:15 CS ◆ Cycle Beats <i>Johnny Fountoulakis</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
5:15–6:00 MS ◆ STRONG <i>Mei</i>		5:45–6:45 YS ◆ Barre <i>Yaz Mohamed</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
5:45–6:35 TR ◆ Precision Run@ <i>Nicky Lopez</i>		6:00–6:45 CS ◆ Cycle Beats <i>Layton Taylor</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:15–7:00 MS ◆ MET CON3 <i>Hendrick Famutimi</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
6:30–7:15 BR ◆ Muay Thai <i>Charlie Peters</i>		6:15–7:00 MS ◆ MET CON3 <i>Hendrick Famutimi</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>
6:30–7:15 MS ◆ Tabata Max <i>Mei</i>		6:15–7:00 MS ◆ MET CON3 <i>Hendrick Famutimi</i>		12:30–1:20 TR ◆ The WORKX <i>Hendrick Famutimi</i>	5:45–6:45 YS ◆ Vinyasa Yoga <i>Mira Khreino</i>		6:30–7:15 MS ◆ STRONG <i>Hendrick Famutimi</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	6:30–7:45 YS ◆ Power Yoga + Meditation <i>Chris Salton</i>	12:30–1:30 YS ◆ Barre <i>Dean Coach</i>	3:45–4:45 YS ◆ Yin Yoga Meditation <i>Ferdi Skoberla</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>	12:30–1:15 YS ◆ Pilates Mat <i>Marcela Rafalowska</i>

# EQUINOX

## KENSINGTON

99 KENSINGTON HIGH STREET  
KENSINGTON W85SA  
EQUINOX.COM  
@EQUINOX

**MON - FRI:** 6:00AM - 9:00PM

**SAT - SUN:** 8:00AM - 7:00PM

## GROUP FITNESS MANAGER

layton.taylor@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

## STUDIO KEY

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

## WHAT'S NEW THIS MONTH

### CYCLING

**CYCLE BEATS** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

### RUNNING

**PRECISION RUN** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

**THE WORKX** Created by Equinox UK instructor Hendrick Famutimi, this treadmill and training class combines interval-based running with interludes of resistance training for an efficient full body workout. Join Hendrick for a cross-training experience that includes it all...the Work!

### YOGA

**ATHLETIC YOGA** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**POWER YOGA + MEDITATION** A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

**VINYASA YOGA** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**YIN YOGA** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**YIN YOGA MEDITATION** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

### ATHLETIC TRAINING

**ATHLETIC CONDITIONING** A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

**BEST BUTT EVER** Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

**METCONS** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**ROPES AND ROWERS** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

**STACKED!** This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

**STACKED! + BEST ABS EVER** A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**STRONG** A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

**TABATA MAX** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**TRX MAX** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

**TRUE BARRE** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

### PILATES

**PILATES FUSION** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**PILATES MAT** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

### BOXING AND KICKBOXING

**BOXING** Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

**MUAY THAI** Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure.

 **BARRE**

**BARRE** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.