

### Room Guide:

(G) Full Gym - (W) West Gym - (E) East Gym  
 (H) Hume Studio - (A) Active Living Studio2  
 (P) Pool - (F) Functional Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Strength (W)</b> 8:30-9:30am	<b>Vinyasa Yoga (A)</b> 7-8am	<b>Vinyasa Yoga (A)</b> 7-8am	<b>Vinyasa Yoga (A)</b> 7-8am	<b>Hatha Yog (A)</b> 6:30-7:30am	<b>Power Yoga (A)</b> 7:30-8:30am	<b>Synergy (F)</b> 8:15-9am
<b>Aquafit (P)</b> 9:30-10:15am	<b>Aquafit (P)</b> 10:15- 11am	<b>Cycle (H)</b> 7:15-8am	<b>Synergy (F)</b> 9-9:45 am	<b>Cycle (H)</b> 7:15-8am	<b>Step (W)</b> 8:15-9:15am	<b>Barre (W)</b> 8:15-9am
<b>Hatha Yog (A)</b> 11-12:15pm	<b>Sweat and Sculpt (W)</b> 10:45-11:45am	<b>Gentle Tone (G)</b> 9-10am	<b>Aquafit (P)</b> 10:15-11am	<b>Synergy (F)</b> 8:30-9:15am	<b>Synergy (F)</b> 9-9:45am	<b>Cycle (H)</b> 9-9:45am
<b>Gentle Tone (W)</b> 11:15-12:15pm	<b>Hatha Yoga (A)</b> 11-12pm	<b>Synergy (F)</b> 9:30-10:15am	<b>Gentle Tone (W)</b> 11am-12pm	<b>Gentle Tone (G)</b> 10:30-11:45am	<b>Cycle (H)</b> 9:30-10:30am	<b>Mossa Group Power (G)</b> 9:30-10:30am
<b>Mossa Group Power (W)</b> 12:30-1:30pm	<b>Mossa Group Power (W)</b> 12-1pm	<b>Aquafit (P)</b> 10:15-11am	<b>Hatha Yoga (A)</b> 11-12:15pm	<b>Flow Yoga (A)</b> 11:30-12:30pm	<b>Strength (W)</b> 9:30-10:15am	<b>Flow Yoga (A)</b> 10-11am
<b>Hip Hop (W)</b> 4:45-5:45PM	<b>Hatha Yoga (A)</b> 2:30-3:30pm	<b>Vinyasa Yoga (A)</b> 11:30-12:30pm	<b>Strength (W)</b> 12:15-1pm	<b>Aquafit (P)</b> 12-12:45pm	<b>Synergy (F)</b> 10-10:45am	<b>Vinyasa Yoga (A)</b> 11:15-12:15pm
<b>Power Yoga (A)</b> 5-6PM	<b>Synergy (F)</b> 12:15-1pm	<b>Group Power (W)</b> 12:15-1pm	<b>Vinyasa Yoga (A)</b> 1:30-2:30pm	<b>Cycle (H)</b> 12:15-1:15pm	<b>Vinyasa Yoga (A)</b> 10-11am	<b>Hatha Yoga (A)</b> 7-8pm
<b>Vinyasa Yoga(A)</b> 6:15-7:15 pm	<b>Cardio Dance (E)</b> 4:30-5:15	<b>Cycle (H)</b> 5-5:45pm	<b>Synergy (F)</b> 2-2:45pm	<b>Hatha Yoga (A)</b> 1:30-2:30pm	<b>Persian Dance (W)</b> 10:45-11:30am	
<b>Step and Strength (G)</b> 6-7pm	<b>Vinyasa Flow Yoga (A)</b> 4:45-5:45pm	<b>Strength (G)</b> 5:30-6:30pm	<b>Barre (W)</b> 4:15-5:15pm	<b>Advanced Step(W)</b> 4:30-5:30pm	<b>Hip Hop (A)</b> 5-6pm	
<b>Cycle (H)</b> 6-7pm	<b>Synergy (F)</b> 5:15-6pm	<b>Hatha Yoga(A)</b> 5:15-6:15pm	<b>Pilates (A)</b> 5:15-6pm	<b>Hatha Yoga (A)</b> 5-6pm		
<b>Cycle (H)</b> 7:15-8pm	<b>Step and Strength (G)</b> 5:30-6:30pm	<b>Synergy (F)</b> 5:45-6:30pm	<b>Synergy (F)</b> 5:15-6pm	<b>Strength (W)</b> 5:45-6:45pm		
<b>Zumba (W)</b> 7:15-8pm	<b>Cycle (H)</b> 6-7pm	<b>Cycle (H)</b> 6-6:50pm	<b>Advanced Step (W)</b> 5:30-6:30pm	<b>Power Yoga (A)</b> 6:15-7:15pm		
<b>Synergy (F)</b> 7:15-8pm	<b>Vinyasa yoga (A)</b> 6:15-7:15pm	<b>Vinyasa Yoga (A)</b> 6:45-7:45pm	<b>Cardio Dance (E)</b> 5:30-6:15pm			
<b>Yin &amp; Meditation Yoga (A)</b> 7:30-8:30pm	<b>Persian Dance (A)</b> 7:30-8:30 pm	<b>Zumba (E)</b> 6:45-7:45pm	<b>Cycle (H)</b> 6-6:45pm			
		<b>Advanced Step (w)</b> 6:45-7:45pm	<b>Synergy (F)</b> 6:15-7pm			
		<b>Synergy (F)</b> 7:45-8:30pm	<b>Mossa Group Power (G)</b> 6:45-7:45pm			
			<b>Vinyasa Yoga (A)</b> 6:45-7:45pm			

Class	Description
<b>Pilates</b>	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
<b>Power Yoga</b>	A more intense style similar to Ashtanga and some Vinyasa focusing on strength and relaxation.
<b>Hatha Yoga</b>	This class is an introduction to basic breathing techniques, posture, and relaxation exercises.
<b>Flow Yoga</b>	focuses on the connection between breath, movement, and the mind. It is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way.
<b>Synergy</b>	This is an intermediate to intense level class, designed for participants with prior fitness experience. Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger.
<b>Step and Strength</b>	Step & Strength is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
<b>Strength</b>	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished.
<b>Step</b>	Using a non-slip step to do choreographed fitness step routines for a variety of fitness levels
<b>Group Power</b>	Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger.
<b>Gentle Tone</b>	Gentle Tone is a low-impact class to help regain fitness after injury or increase strength and endurance through slower technique work.
<b>Zumba</b>	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
<b>Cardio Dance</b>	A Fun Cardio workout class while dancing to Pop Music.
<b>Persian Dance</b>	Experience the beauty and elegance of Persian dance. Whether you're new to dance or have some experience, this class is for you!
<b>Hip hop</b>	A fun, high-energy class that gets you moving to the beat! Learn fresh choreography, improve coordination, and build confidence—all while having a great time. Open to all levels!
<b>Barre</b>	A fun, full-body workout combining ballet, Pilates, and strength training. Improve posture, flexibility, and core strength with low-impact movements set to energizing music. Perfect for all levels—no dance experience needed.
<b>Cycle</b>	Cycle your way to good health. A class of varying intensity, suitable for all experience levels, this class uses various cycling techniques to keep the workout varied.
<b>Aquafit</b>	A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work your muscles.