



GROUP EXERCISE CLASS SCHEDULE

Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			7:00-7:45 AM (1) Hip Mobility & Core Strength (Donna) (Nov/Dec)		8:00-8:45 AM (2) STRENGTH INTERVAL (Donna)
8:00-8:45 AM (2) TOTAL BODY (Jeanine)	9:30-10:15 AM (2) BARRE STRONG (Leah)	8:00-8:45 AM (2) TOTAL BODY SCULPT (Jeanine)			8:00-9:15 AM LONGFELLOW STRIDERS RUN CLUB (Brendan)
9:00-9:45 AM (2) STRENGTH & MOBILITY (Carla)	10:15-11:00 AM (2) STRENGTH & CORE (Leah)	9:00-9:45 AM (2) PILATES MAT (Rachel) (Nov/Dec)	9:30-10:15 AM (2) Low Impact Interval Training (LIIT) (Wendy)	9:00-10:00 AM (2) VINYASA YOGA (Aimee)	
10:00-11:00 AM (2) KRIPALU YOGA (SHERI)	10:00-11:00 AM (1) PILATES MAT (Jana) (Nov/Dec)	10:00-11:00 AM (2) KRIPALU YOGA (SHERI)	10:15-11:00 AM (2) BARRE FUSION (Wendy)	10:00-10:45AM (2) DYNAMIC CORE (Wendy)	10:00-10:45 AM (2) DANCEWORX (Elizabeth)
11:00-11:45 AM (2) BALANCE & FLEXIBILITY (Donna)	11:00-11:45 AM (2) PILATES MAT (Rachel)	11:00-11:45 AM (2) DANCE FIT (Wendy)	11:00-11:45 AM (2) PILATES MAT (Rachel)	10:45-11:30 AM (2) Low Impact Interval Training (LIIT) (Wendy)	11:00 -12:00 PM (1) VINYASA YOGA (Nissa)
	12:00-1:00 PM POWERWALKING (Donna)		12:00-1:00 PM POWERWALKING (Donna)	12:00-1:00pm (2) Barre Fusion (Wendy) (Nov/Dec)	
5:30-6:15 PM (1) FUNKY GROOVE (Kelly B)(Nov/Dec)		5:30-6:15 PM (1) FUNKY GROOVE (Kelly B)	5:00-5:45 PM (1) DYNAMIC CORE (Donna)	CLASS UPDATES <ul style="list-style-type: none"> Powerwalking meets in the Lower Strength Area (Weather dependent, we will use treadmills) Longfellow Striders Run Club meets upstairs in the High Performance Center and runs through December 13th. Wednesday's Pilates Mat class will change to 10:00-10:45am in Jan 2026. 	
6:30-7:30 PM (1) STRETCH & FLOW (Kim)	5:00-6:00 PM (1) STRETCH & FLOW (Kim)	6:30-7:30 PM (2) VINYASA YOGA (Aimee)	6:30-7:30 PM (1) MINDFUL FLOW (Elizabeth C)		
6:30-7:30 PM (2) BollyX (Rajani)	6:30-7:30 PM (2) GENTLE YOGA (Kim)				

Monday-Thursday, 5:15-6:30 PM - NE Tennis Academy will be using Studio 2 on the 2nd level during this time.



CARDIO & DANCE

LOW IMPACT INTERVAL TRAINING (LIIT) – Build endurance and strength through low impact cardio intervals to increase the heart rate and bodyweight training exercises to tone and build lean muscles. This class is designed to focus on creating a solid foundation for movement and a more gentler alternative to high impact cardio

DANCEWORX – A dynamic and energetic dance class that combines elements of jazz, hip hop, Latin and freestyle dance

FUNKY GROOVE | JUST DANCE – All different kinds of dance, free spirit, let yourself go! Freestyle

DANCE FIT – Full Body | Resistance & Cardio. This workout will help improve lower body muscular strength and upper body endurance through resistance training, core, balance and some easy fun dance moves

BOLLYX – Bollywood-inspired dance fitness program that blends energetic choreography with cardio workouts for a fun, full-body experience. It's a High-energy cardio to burn calories and boost heart health, inclusive for all levels, from beginners to advanced dancers. Perfect for anyone looking to dance, sweat, and feel great!

MIND & BODY

BARRE FUSION – Mindfully intense, athletic style workouts that develop strength, endurance and balance with dynamic movement and/or simple flows, creating mobility along with restorative techniques to release fascial tension

BARRE STRONG – blend of ballet, Pilates, fitness, and strength training into a barre format designed for functional movement and powerful results.

BALANCE & FLEXIBILITY – Enhance stability, mobility, and confidence through gentle strength and stretching exercises designed to improve balance, flexibility, and ease of movement. Suitable for all levels.

PILATES FUSION – blends Mat Pilates with other workouts. Tone, stretch, and elongate muscles with combination Pilates, yoga and dance inspired moves.

GENTLE YOGA – It focuses on teaching proper alignment to promote flexibility and balance while promoting relaxation for the mind and body.

KRIPALU YOGA – This all-levels class balances gentle, moderate, and challenging postures with a focus on self-inquiry and self-care. It includes breathwork and meditation to encourage inward focus and mind-body connection.

STRETCH & FLOW – A guided practice that combines a sequence of stretching and yoga postures to improve flexibility, balance and strength, while reducing tension and calming the mind.

VINYASA YOGA – Exercise for your mind, body and soul. Experience a flowing style linking flowing movement with breath.

STRENGTH

DYNAMIC CORE – functional training that helps you build strength, stability and endurance in the muscles that support your core.

STRENGTH & MOBILITY – you will challenge your endurance building heat and increasing your heart rate, increase strength, stability, mobility while adding the yoga inspired flow to increase flexibility.

TOTAL BODY SCULPT – is a cardiorespiratory and muscular focused class using Group Exercise barbells and dumbbells. Participants will be challenged through fundamental strength moves that target the entire body by adding weight and a challenging tempo using Pilates principles.

HIP MOBILITY AND CORE STRENGTH – Mobility reduces stiffness and keeps joints moving freely, while core strength stabilizes your spine and pelvis—not just abs, but your whole midsection. Together, they improve movement, prevent injury, and boost performance in workouts and daily life.