



# GROUP EXERCISE CLASS SCHEDULE

*Subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8–8:45am (2) Total Body Jeanine	9:30–10:15am (2) Barre Strong Leah	8–8:45am (2) Total Body Sculpt Jeanine	8:00–9:00AM (2) Yoga Strength and Flow Aimee		8:00–8:45am (2) Strength Interval Donna	8–9am (2) Morning Flow Elizabeth C
	9:30–10:15 am (1) Zumba Nan	9–10am (1) Yoga Flow & Fascia Stretch Karima	9:30–10:15 AM (2) Low Impact Interval Training (Wendy)	9–10am (2) Vinyasa Yoga Aimee	9–10am (2) Yoga Flow & Fascia Stretch Karima	
10–11am (2) Kripalu Yoga Sheri	10:15–11am (1) Pilates Mat Jana	10–10:45am (1) Pilates Mat Rachel	10:15–11am (2) Barre Fusion Wendy	10–10:45am (2) Dynamic Core Wendy	10–10:45am (2) DanceWorx Elizabeth	10:15–11:30am (2) Yoga Flow & Fascia Stretch Karima
11–11:45am (2) Balance & Flexibility Donna	10:15–11:00am (2) Strength and Core Leah	10–11am (2) Kripalu Sheri	11–11:45am (2) Pilates Mat Rachel	10:45–11:30am (2) Low Impact Interval Training Wendy		
	11–11:45am (2) Pilates Mat Rachel	11–11:45am (2) Dance Fit Wendy		11:30–12:30pm (2) Barre Fusion Wendy	11–12pm (2) Vinyasa Yoga Nissa	
5:30–6:15pm (1) Funky Groove Kelly	5–6pm (1) Stretch and Flow Kim		5:00–5:45PM (1) Dynamic Core Donna			
6:30–7:30pm (1) Stretch and Flow Kim	6:30–7:30pm (1) Gentle Yoga Kim	5:30–6:15pm (1) Funky Groove Kelly			Be on the lookout for fun pop up classes to help you get moving, dancing, laughing and having more fun!	
6:30–7:30pm (2) Dance Fusion Fahreen	6:30–7:30pm (2) Bolly X Rajani		6:30–7:30pm (2) Bolly X Rajani			

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.



Longfellow Health and Happiness Mandala