



Class locations have been adjusted in a few spots. Be sure to look for the studio listed in the schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:45 AM (2) TOTAL BODY (Jeanine)	8:00-9:00 AM (P) TRACK/INTERVAL (Jane)	8:00-8:45 AM (2) TOTAL BODY SCULPT (Jeanine)	7:00-8:00 AM (10/9) Hip Mobility & Core Strength (Delaney)	8:00-9:00 AM (P) INTERVAL TRAINING (Jane/Rotating)	8:00-8:45 AM (2) STRENGTH INTERVAL (Donna)	
9:00-10:00 AM (P) HYDROPOWER (Sally)	9:00-10:00 AM (P) INTERVAL TRAINING (Jane)	9:00-10:00 AM (P) INTERVAL TRAINING (Jane)	9:00-10:00 AM (P) CARDIO-CORE TECHNIQUE (Kai)	9:00-10:00 AM (P) HYDROPOWER (Sally)	8:00-9:15 AM LONGFELLOW STRIDERS RUN CLUB (Brendan)	9:00-10:00 AM (P) HYDROPOWER +CORE (Laila/Kathleen)
9:00-9:45 AM (2) STRENGTH & MOBILITY (Carla)	9:30-10:15 AM (2) BARRE STRONG (Leah)	9:00-9:45 AM (2) PILATES MAT (Rachel)	9:30-10:15 AM (2) Low Impact Interval Training (LIIT)(Wendy)	9:00-10:00 AM (2) VINYASA YOGA (Aimee)	9:00-10:00 AM (P) HYDROPOWER (Jane/Monica)	
10:00-11:00 AM (2) KRIPALU YOGA (SHERI)	10:15-11:00 AM (2) STRENGTH & CORE (Leah)	10:00-11:00 AM (2) KRIPALU YOGA (SHERI)	10:30-11:15 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)	11:00-11:45 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)		CLASS UPDATES - Powerwalking meets in the Lower Strength Area - Longfellow Striders Run Club meets in the Front Lobby Pop-Up Class: Thursday, October 9 at 7:00 AM in Studio 2: Hip Mobility & Core Strength with Delaney PILATES FOR KIDS - Saturdays, October 4 & 11 - Studio 1 10:00-10:30 AM	
5:30-6:15 PM (1) FUNKY GROOVE (Kelly B)	5:00-6:00 PM (1) STRETCH & FLOW (Kim)	5:30-6:15 PM (1) FUNKY GROOVE (Kelly B)	5:00-6:00 PM (1) DYNAMIC CORE (Donna)			
6:30-7:30 PM (1) STRETCH & FLOW (Kim)	6:30-7:30 PM (2) GENTLE YOGA (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)	7:00-8:00 PM (P) HYDROPOWER (Sally)	7:00-8:00 PM (P) MOVE TO THE MUSIC (Kathleen)	6:30-7:30 PM (2) BollyX (Rajani)	7:00-8:00 PM (P) CARDIO-CORE TECHNIQUE (Linda)		
					POOL (P) 1st Level	STUDIO (1) 1st Level
						STUDIO (2) 2nd Level

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



STUDIO CLASSES

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

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 - Perfect for all fitness levels, this class is ideal for anyone looking to move more confidently, reduce the risk of injury, and support healthy aging or athletic performance. Leave feeling more grounded, aligned, and limber—ready to take on your day with strength and grace.

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.

WATER FITNESS

CARDIO-CORE TECHNIQUE - A Gentle Joints class that concentrates on Technique; doing the exercises for optimum results. These classes include the use of noodles & other equipment, focusing on building a stronger core by strengthening back, & abdominal muscles.

HYDROPOWER - Enjoy this total-body, shallow & deep-water workout. The class includes a strong cardiovascular segment, modified for all levels of ability. Additional focus includes strength, core, and flexibility training. This is done SIMULTANEOUSLY for an effective & efficient class. Use of swim gloves, foam dumbbells, or noodles could be included to achieve these goals.

- **"PLUS CORE"** - Additional focus includes CORE, total body muscle conditioning, & flexibility - concentrating on the abdominal, back and oblique muscles that strengthen our core stability and posture.

INTERVAL TRAINING - This is a cardiovascular speed workout, done for all levels of ability. We use the pace clock for timed intervals. This class includes a variety of exercises. Some of these movements are utilized as "resting exercises" for the recovery in between intervals.

MOVE TO THE MUSIC - A fun & effective workout where exercises are done to specific songs. After the warm-up, there is an extensive cardio segment with the goal to work the entire body. The cool down will include core work and a full-body stretch.

TRACK /INTERVAL WORKOUT - This is a high intensity water "track workout" (utilizing the B.A.A. weekly speed workouts). No need to be a runner to benefit from this class. All are welcome! NOTE: This runner's class is designed to use the repetitive motion "running-stride". This is different than our usual classes which include a variety of exercises.