

Weekly Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
Total Training 6:15AM Studio 1	Mobility 6:30AM Studio 1	Total Training 6:15AM Studio 1	Mobility 6:30AM Studio 1	Total Training 6:15AM Studio 1
	Mid-Morning Movers 9:30AM Studio 1		Mid-Morning Movers 9:30AM Studio 1	
	Gentle Yoga 11:30AM Studio 3	T'ai Chi 11:30AM Studio 3	Functional Yoga 11:30AM Studio 3	Yoga Flow 11:30AM Studio 3
Total Training 11:45AM Studio 1	Step 11:45AM Studio 1	STRONG by Zumba 11:45AM Studio 1	Mat Pilates 11:45AM Studio 1	
Cycle 12:00 PM Cycle Studio	Core Express 12:40PM Studio 1		Cycle 12:00 PM Cycle Studio	
Lift 1:00PM Studio 1	Lift 1:00PM Studio 1	Lift 1:00PM Studio 1	Lift 1:00PM Studio 1	
	Mat Pilates 5:30PM Studio 1	Vin-Yin Yoga 5:30PM Studio 3	Cycle 5:30PM Cycle Studio	

*Classes may be subject to change

Revised on 03/28/2025

Class Descriptions

Challenging Slow Flow: Students will be taken through a slow paced yoga practice that will include more challenging aspects than usual. Poses might be held a little longer, transitions will be more complex, more time for corrections in balance poses, and a breathing technique will be taught every class

Core Express: Designed to strengthen abdominals and low back muscles which provide stability and mobility for the spine, pelvis and hips.

Cycle: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. Suitable for most fitness levels. No special cycling attire or shoes required.

FUNctional Yoga: is designed to reverse the effects of the sitting or standing you do while at work. The postures will be tailored to accommodate each practitioner. For those who engage in vigorous activity, this class can be viewed as recovery.

Lift: Learn to Lift with proper form in the weight room by going through a program that cycles through various strength and bodybuilding exercises. Be prepared to get stronger.

Mat Pilates: A form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

Mid-Morning Movers: A group exercise class especially for SwRI Retirees to improve cardiovascular and muscular endurance as well as muscular strength, range of motion, and balance. All levels of fitness welcome; not restricted to retirees.

Mobility: A combination of foam rolling, trigger point, and stretching techniques, improving quality of movement and keeping you long and limber.

Step: Step this way! This class uses a step for a cardio workout with choreographed exercise routines up, down and around the step to strengthen and tone muscles as well as improve coordination.

STRONG by Zumba- A music-led HIIT workout. This class combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

T'ai Chi: A Chinese exercise system that uses slow, smooth body movements and emphasizes five essential qualities. This method helps the student learn how to achieve a state of relaxation in both body and mind.

Total Training: Combination of strength and cardio conditioning utilizing varying stations, drills and/or activities in an interval format.

Vin-Yin Yoga: Start off with an active movement based vinyasa flow, and end with a restorative based yin yoga flow.

Yoga Flow: Cultivate a peaceful mind and a strong body with this breath-centric flow. Develop strength, increase mobility, find an opportunity to take up space and feel your worth. You'll leave class ready to enter the rest of your day with vitality and balance.