

SUMMER A: June 28 - August 8 SUMMER B: August 9 - September 19

Registration open. Specialized Programs are not included in your membership, require registration and are available for an additional cost.

Midtown Specialized Programs

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	Gladiator (MSC) Tim	Beginning Kettlebell (C) Dawn	Intermediate Kettlebell (MSC) Dawn	Boot Camp (FD) Tim	Intermediate Kettlebell (MSC) Dawn
6:30 am				Intermediate Yoga (C) Krista	
7:30 am					Gladiator (MSC) Dawn
4:00 pm				Intermediate Yoga (A) Ben	
5:00 pm		Beginning Kettlebell (C) TBA			
		Boot Camp (FD) Tim			
6:30 pm				Intermediate Kettlebell (C) Dawn	
7:30 pm		Feldenkrais (A) Neue			

WEEKEND

TIME	SATURDAY	SUNDAY
12:00 pm	Boot Camp (G) Aldrin	
	Intermediate Yoga (A) Ben	

Location: (A) = Studio A, (C) = Studio C, (155) = Room 155, (FD) = Fitness Desk, (G) = Gym

Midtown TRX Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	Body Blast (GTS) Ben				
9:30 am			Boot Camp (GTS) Jill		
5:30 pm				Body Blast (GTS) Ben	

WEEKEND

LOCATION	SATURDAY	SUNDAY
11:00 am	Boot Camp (GTS) Diana	

Location: (GTS) = Group Training Studio

Midtown Pilates Reformer Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	Intermediate Reformer (GTS) Alejandra				
12:00 pm			Essential Reformer (GTS) Jill		
5:30 pm		Jumpboard (GTS) Alejandra			
6:30 pm				Essential Reformer (GTS) Alejandra	

Location: (GTS) = Group Training Studio