



GROUP EXERCISE SCHEDULE

Winter 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
10:00 AM House Party Cycling <i>with Sterling</i>	6:15 AM Rise & Cycle <i>with Rodney</i>	9:00AM Aqua Rhythms Workout <i>Sue & Carol</i>	6:15 AM Rise & Cycle <i>with Rodney</i>	9:00AM Aqua Rhythms Workout <i>Sue & Carol</i>	8:00AM Aqua Blast <i>with Michele</i>	8:00 AM Cycling <i>with Rodney</i>
	11:00 AM Zumba <i>with Andriana</i>	9:00 AM Human Movement (75 mins) <i>with Kevin</i>	9:00AM Mat Pilates <i>with Michele</i>	9:00 AM Yoga <i>with Kevin</i>	9:30AM Total Body <i>with Michele</i>	9:00 AM Cardio Mix-Up <i>with Karla</i>
		10:45 AM Step and Strength <i>with Malvia</i>	10:00AM Zumba <i>with Michele</i>	10:15 AM Zumba <i>with Andriana</i>		10:00 AM Cycling <i>with Rodney</i>
			11:30AM Aqua Blast <i>with Michele</i>	11:30 AM Core Pilates <i>with Malvia</i>		10:00 AM Human Movement (75 mins) <i>with Kevin</i>
	6:00 PM Cycling <i>with Malvia</i>	6:15 PM Cycling <i>with Kathy</i>	6:15 PM Cycling <i>with Malvia</i>	6:15 PM Cycling <i>with Kathy</i>		
	6:50 PM Core Pilates <i>with Malvia</i>	6:30 PM Calypsocise <i>with Rodney</i>	6:30PM Total Body <i>with Karla</i>	6:30 PM Total Body <i>with Karla</i>		
	7:50 PM Aqua Fit <i>with Malvia</i>	7:30 PM Calypsocycle <i>with Rodney</i>	7:45 PM Aqua Blast <i>with Karla</i>	7:30 PM Cycling <i>with Karla</i>	6:30 PM Calypsocise <i>with Rodney</i>	

Indoor Group Fitness Class Protocols:

- Everyone must sign in for class. Sign in sheet will be available ONE HOUR BEFORE CLASS. It is on a first come, first served basis.
- Spots for class CANNOT be reserved over the phone.
- Must be on time. Your spot will be forfeited if
- you come to class late.
- Equipment that is used should be wiped down BEFORE and AFTER each class. Sanitizing spray bottles and paper towels will be available in all studios.
- There will be a maximum of 30 people in Studio 2 and 15 people in the Cycle Studio.



CLUB HOURS:
Monday- Friday 6AM to 10PM
Saturday and Sunday 8AM to 5PM

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