



# GROUP EXERCISE SCHEDULE

Winter 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>10:00 AM</b> House Party Cycling <i>with Sterling</i>	<b>6:15 AM</b> Rise & Cycle <i>with Rodney</i>	<b>9:00AM</b> Aqua Rhythms Workout <i>Sue &amp; Carol</i>	<b>6:15 AM</b> Rise & Cycle <i>with Rodney</i>	<b>9:00AM</b> Aqua Rhythms Workout <i>Sue &amp; Carol</i>	<b>8:00AM</b> Aqua Blast <i>with Michele</i>	<b>8:00 AM</b> Cycling <i>with Rodney</i>
	<b>11:00 AM</b> Zumba <i>with Andriana</i>	<b>9:00 AM</b> Human Movement (75 mins) <i>with Kevin</i>	<b>9:00AM</b> Mat Pilates <i>with Michele</i>	<b>9:00 AM</b> Yoga <i>with Kevin</i>	<b>9:30AM</b> Total Body <i>with Michele</i>	<b>9:00 AM</b> Cardio Mix-Up <i>with Karla</i>
		<b>10:45 AM</b> Step and Strength <i>with Malvia</i>	<b>10:00AM</b> Zumba <i>with Michele</i>	<b>10:15 AM</b> Zumba <i>with Andriana</i>		<b>10:00 AM</b> Cycling <i>with Rodney</i>
			<b>11:30AM</b> Aqua Blast <i>with Michele</i>	<b>11:30 AM</b> Core Pilates <i>with Malvia</i>		<b>10:00 AM</b> Human Movement (75 mins) <i>with Kevin</i>
			<b>6:15 PM</b> Cycling <i>with Malvia</i>			
	<b>6:00 PM</b> Cycling <i>with Malvia</i>	<b>6:15 PM</b> Cycling <i>with Kathy</i>	<b>6:30PM</b> Total Body <i>with Karla</i>	<b>6:15 PM</b> Cycling <i>with Kathy</i>		
	<b>6:50 PM</b> Core Pilates <i>with Malvia</i>	<b>6:30 PM</b> Calypsocise <i>with Rodney</i>	<b>7:35 PM</b> Core Pilates <i>with Malvia</i>	<b>6:30 PM</b> Total Body <i>with Karla</i>		
	<b>7:50 PM</b> Aqua Fit <i>with Malvia</i>	<b>7:30 PM</b> Calypsocycle <i>with Rodney</i>	<b>7:45 PM</b> Aqua Blast <i>with Karla</i>	<b>7:30 PM</b> Cycling <i>with Karla</i>	<b>6:30 PM</b> 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 18 people in the Cycle Studio.



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

1540 Van Sicken Ave  
Brooklyn, NY 11239  
718 642-2720