## June 2025 MON TUE **THURS FRI** SAT **WED** 0640 Strength Training 0640 Yoga Stretching \*FREE\* Mobility with Zamora GF1 0640 Endurance & HIIT \*FREE\* 0700-0800 0700 Studio Pilates w/ Zamora No class Jun 25th w/Zamora (Side Turf) **0900 Reformer Pilates** w/ Lizzie (Meet Side Turf) No classes June 5th (Reformer room w/ Laura) No class June 2nd and 9th 0700 Reformer Pilates w/ Lizzie (Pilates Studio) No Class June 11th 0900 Reformer Pilates 0900 Reformer Pilates w/ Lizzie 0900 Reformer Pilates (Pilates Studio) w/ Laura 0915-1015SLAM w/ Laura No Class June 11th No class June 27th (Reformer Room) (B-Ball / Track) **SLAM 9:15-1015** 0900 No class June 2nd and 23rd (B-Ball / Track) 0915-1015 SLAM (B-Ball / Track) 1000-1100 Zumba w/ HWR SFA PRESENTS Charmaine 1000-1100 1030 Reforma Pilates 1000 GF1 Room Zumba w/ Laura w/ Charmaine 1100 Fit Yoga FREE (Pilates Studio) **1000 Reformer Pilates** GF1 Room w/Raluca 45 Min (GF1) w/ Laura No class 26th No classes June 10<sup>th</sup> and Marcello Orlandi **1000 Reformer Pilates** (Reformer room) 17<sup>th</sup> No class June 2nd and 23rd Massage Services. Scan w/ Laura **Personal Training** No class June 27th 1130 Reforma Pilates QR Code below to reserve **VICENZA** 1100 Reformer Pilates **Services** w/ Laura Regan Shifflett. Scan **RUN CLUB** w/Laura (Pilates Studio) (Reformer Room) QR code below to reserve 1100 Reformer Pilates No class 26th No class June 2nd and 23rd w/ Laura No class June 27th 1200 Kettlebell Need to accelerates post-Get your w/ Isabella (GF1) 1200 Kettlebell workout recovery by private locker for w/ Isabella (GF1) reducing muscle soreness 1205 w/Alessandra Cardio 12:05Cardio Strength and inflammation, improving Strength w/Alessandra GF1 only \$15 per Maria Grazia Massage Services GF1 circulation, and facilitating (No class 13 June) Scan QR Code below to book month. See No Class 16 June lymphatic drainage? front desk for **Recovery Zone's Normatech 1230 Studio Pilates Compression Equipment** is more info 1230 Barre and Springboard w/ Laura what you are looking for! Ask 1200-1500 **Pilates** (Pilates Studio) the front Desk for more Info! w/Laura **Personal Training** (Reformer Room) Services No class June 2nd and 23rd **Barbara Todescato** 1400 Studio Pilates w/ Laura (Pilates Studio) 12:05 Cardio Strength w/Alessandra (GF1) 1630 Reformer Pilates **1730 Zumba** w/ Lizzie w/Michelle (GF1) (Pilates Studio) **1630 Springboard Pilates** no classes June 12th and 26th No class June 11th and 18th (Pilates Studio w/ Lizzie) No class June 2nd and 9th 1730 Zumba w/Michelle (GF1) 1700 Align and Flow Yoga 1730 Studio Pilates no classes June 17th Martina Bedin w/Regan (GF1) (Pilates Studio w/ Lizzie) **Personal Training** No class June 2nd and 9th Rebecca Beghetto Holistic Services scan QR code 1730 Reformer Pilates 1600-1800 **Health Services** to reserve w/ Lizzie Scan QR Code Below to (Pilates Studio) 1800 Zumba \*FREE\* book an appointment No class June 11th and 18th w/Sara (GF1) No class June 23rd 1800 Zumba \*FREE\* w/Sara (GF1) No class June 23rd **Fitness Center Hours Karate** Access 24/7 **1830-1945 HipHop** Step with 1800-1900 1830-1945 HipHop Step **Front Desk** 1800-2000 Byron GF 2 (Spin Room) w/Matthew with Byron GF 2 (Spin Mon-Fri 0530-2000 Class On June 9th (Combatives Room) Room) NATIONAL 1830-1945 HipHop Step with **Saturday 0900-1700** Class Only June 6th Class on June 3rd and 24th Byron GF 2 (Spin Room) **Sunday 1000-1700 MEN'S HEALTH** Classes On June 5th, June 11th **Federal Holidays Closed Karate AWARENESS** and 26th Are you a certified fitness Phone # 0444 714467

MONTH

**DSN 646 4467** 

1800-1900 w/ Matthew

**Combatives Room** 

Class only June 16th

instructor? Contact us at

0444-714467 or at the front

desk for more information