












June 2025

	MON	TUE	WED	THURS	FRI	SAT
0700-0800	0700 Studio Pilates w/ Lizzie No class June 2nd and 9th	0640 Strength Training *FREE* w/ Zamora (Meet Side Turf)	0640 Yoga Stretching Mobility with Zamora GF1 No class Jun 25th 0700 Reformer Pilates w/ Lizzie (Pilates Studio) No Class June 11th	0640 Endurance & HIIT *FREE* w/Zamora (Side Turf) No classes June 5th	0900 Reformer Pilates (Reformer room w/ Laura)	
0900	0900 Reformer Pilates w/ Laura (Reformer Room) No class June 2nd and 23rd		0900 Reformer Pilates w/ Lizzie (Pilates Studio) No Class June 11th 0915-1015 SLAM (B-Ball / Track)	0915-1015SLAM (B-Ball / Track)	SLAM 9:15-1015 (B-Ball / Track)	0900 Reformer Pilates w/ Laura No class June 27th
1000	1000-1100 Zumba w/ Charmaine GF1 Room 1000 Reformer Pilates w/ Laura (Reformer room) No class June 2nd and 23rd 1100 Reformer Pilates w/Laura (Reformer Room) No class June 2nd and 23rd	1100 Fit Yoga FREE w/Raluca 45 Min (GF1) No classes June 10th and 17th Personal Training Services Regan Shifflett. Scan QR code below to reserve 	1000-1100 Zumba w/ Charmaine GF1 Room Marcello Orlandi Massage Services. Scan QR Code below to reserve 		1030 Reforma Pilates w/ Laura (Pilates Studio) No class 26th 1130 Reforma Pilates w/ Laura (Pilates Studio) No class 26th	1000 Reformer Pilates w/ Laura No class June 27th 1100 Reformer Pilates w/ Laura No class June 27th
1200-1500	1205 w/Alessandra Cardio Strength GF1 No Class 16 June 1230 Barre and Springboard Pilates w/Laura (Reformer Room) No class June 2nd and 23rd	1200 Kettlebell w/ Isabella (GF1)  Personal Training Services Barbara Todescato 	Need to accelerates post-workout recovery by reducing muscle soreness and inflammation, improving circulation, and facilitating lymphatic drainage? Recovery Zone's Normatech Compression Equipment is what you are looking for! Ask the front Desk for more Info! 12:05 Cardio Strength w/Alessandra (GF1)	1200 Kettlebell w/ Isabella (GF1) Maria Grazia Massage Services Scan QR Code below to book 	12:05Cardio Strength w/Alessandra GF1 (No class 13 June) 1230 Studio Pilates w/ Laura (Pilates Studio) 1400 Studio Pilates w/ Laura (Pilates Studio)	Get your private locker for only \$15 per month. See front desk for more info 
1600-1800	1630 Springboard Pilates (Pilates Studio w/ Lizzie) No class June 2nd and 9th 1730 Studio Pilates (Pilates Studio w/ Lizzie) No class June 2nd and 9th 1800 Zumba *FREE* w/Sara (GF1) No class June 23rd	1730 Zumba w/Michelle (GF1) no classes June 17th Rebecca Beghetto Holistic Health Services Scan QR Code Below to book an appointment 	1630 Reformer Pilates w/ Lizzie (Pilates Studio) No class June 11th and 18th 1700 Align and Flow Yoga w/Regan (GF1) 1730 Reformer Pilates w/ Lizzie (Pilates Studio) No class June 11th and 18th 1800 Zumba *FREE* w/Sara (GF1) No class June 23rd	1730 Zumba w/Michelle (GF1) no classes June 12th and 26th Martina Bedin Personal Training Services scan QR code to reserve 		
1800-2000	1830-1945 HipHop Step with Byron GF 2 (Spin Room) Class On June 9th Karate 1800-1900 w/ Matthew Combatives Room Class only June 16th	1830-1945 HipHop Step with Byron GF 2 (Spin Room) Class on June 3rd and 24th Are you a certified fitness instructor? Contact us at 0444-714467 or at the front desk for more information		1830-1945 HipHop Step with Byron GF 2 (Spin Room) Classes On June 5th , June 11th and 26th	Karate 1800-1900 w/Matthew (Combatives Room) Class Only June 6th	Fitness Center Hours Access 24/7 Front Desk Mon-Fri 0530-2000 Saturday 0900-1700 Sunday 1000-1700 Federal Holidays Closed Phone # 0444 714467 DSN 646 4467