












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)		0915-1015 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 1730 Zumba *FREE* w/Sara (GF1) No class June 17th		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	