



# JANUARY GROUP EXERCISE SCHEDULE

## Monday

**MOSSA RIDE 30**  
7:15 – 7:45 AM  
MOSSA TV\*

**STRENGTH,  
STABILITY,  
STRETCH (SSS)**  
10:30 – 11:30 AM  
Matthew

**YOGA FLOW**  
11:45 – 12:45 PM  
Kyoko

**HATHA YOGA**  
1:00 – 2:00 PM  
Gordon

**TAI CHI**  
3:00 – 4:30 PM  
Helene

**HATHA YOGA**  
4:45 – 5:45 PM  
Gordon

**INDOOR CYCLING**  
6:00 – 6:45 PM  
MOSSA TV\*

## Tuesday

**IYENGAR YOGA**  
7:15 – 8:45 AM  
Mia

**CHAIR YOGA**  
10:00 – 11:00 AM  
Albert (ZOOM)\*

**SMOOTH & GROOVE  
DANCE**  
10:30 – 11:30 PM  
Gustavo

**GROUP GROOVE**  
1:30 – 2:00 PM  
MOSSA TV\*

**YOGA FLOW**  
5:00 – 6:00 PM  
Nina

**CYCLING**  
6:00 – 6:45 PM  
Rachel

## Wednesday

**CYCLING**  
7:00 – 7:45 AM  
MOSSA TV\*

**STRENGTH,  
STABILITY,  
STRETCH (SSS)**  
10:30 – 11:30 AM  
Matthew

**BOOT CAMP JAM**  
1:00 – 2:00 PM  
Tia

**YOGA FLOW**  
4:45 – 5:45 PM  
Emily

**BOLLYWOOD**  
6:00 – 7:00 PM  
Manasi

## Thursday

**CENTERGY YOGA**  
8:00 – 9:00 AM  
MOSSA TV\*

**DANCE FUSION**  
10:30 – 11:15 AM  
Rachel

**CHAIR YOGA**  
12:15–1:00 PM  
Bea (ZOOM)\*

**GROUP ACTIVE**  
12:30 – 1:15 PM  
MOSSA TV\*

**CARDIO DANCE**  
6:15 – 7:00 PM  
Luly

**CENTERGY YOGA**  
7:00 – 8:00 PM  
MOSSA TV\*

## Friday

**IYENGAR YOGA**  
9:30 – 10:45 AM  
Marion

**STRENGTH,  
STABILITY,  
STRETCH (SSS)**  
11:00 – 12:00 PM  
Matthew

**BOOT CAMP JAM**  
1:00 – 2:00 PM  
Tia

**GROOVE**  
4:00 – 5:00 PM  
MOSSA TV\*

**LATINO GROOVE**  
6:00 – 7:00 PM  
Gustavo

## Saturday

**STRETCH & FLOW**  
8:30 – 9:00 AM  
Luly

**ZUMBA™**  
9:15 – 10:15 AM  
Carrie

**VINYASA YOGA**  
10:45 – 12:00 PM  
Charlene

**CYNERGY FLOW**  
3:00 – 4:00 PM  
MOSSA TV\*

## Sunday

**CYNERGY YOGA**  
12:00 – 1:00 PM  
MOSSA TV\*

**GROUP GROOVE**  
3:00 – 4:00 PM  
MOSSA TV\*

### KEY

\***MOSSA TV** classes are self-led using the TV display.

\***ZOOM** classes are available from the comfort of your own home using a computer.

## DOWNLOAD OUR MOBILE APP!

App Store



Play Store



Look up operating hours, class schedules, and access your membership badge all in one place!