



# SEPTEMBER 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

**IYENGAR YOGA**  
1:00 – 2:30 PM  
Gordon

**TAI CHI**  
3:00 – 4:30 PM  
Helene

**INDOOR CYCLING**  
7:00 – 7:45 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**  
7:45 – 8:30AM  
MOSSA TV\*

**MAT PILATES**  
9:00 – 10:00AM  
Sarah

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

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

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

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

**Karate**  
7:30 – 9:00pm  
Deke

## Thursday

**YOGA FLOW**  
6:45 – 7:45 AM  
Emily

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

**GROUP ACTIVE**  
12:30 – 1:00 PM  
MOSSA TV\*

**CHAIR YOGA**  
2:00–2:45 PM  
Bea (ZOOM)\*

**GROUP GROOVE**  
6:00 – 7:00 PM  
MOSSA TV\*

**CENTERGY YOGA**  
8:30 – 9:15 PM  
MOSSA TV\*

## Friday

**INYEGAR 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

**MAT PILATES**  
7:15 – 8:15PM  
Sarah

## Saturday

**GROOVE**  
8:30 – 9:00 AM  
MOSSA TV\*

**ZUMBA™**  
9:15 – 10:15 AM  
Carrie

**VINYASA YOGA**  
10:45 – 12:00PM  
**(Last class 9/6)**

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

## Sunday

**YOGA**  
9:00 – 10:00 AM  
Daniel

**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!