



# MARCH 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 - 2:30 PM  
Gordon

**TAI CHI**  
3:00 - 4:30 PM  
Helene

**YOGA FLOW**  
5:15 - 6:15 PM  
Emily

**INDOOR CYCLING**  
7:00 - 7:45 PM  
MOSSA TV\*

## Tuesday

**INTEGRAL 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\*

**STRENGTH & RESTORE**  
3:00 - 4:00 PM  
Kelly

## Wednesday

**CYCLING**  
7:45 - 8:30 AM  
MOSSA TV\*

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

**GROUP ACTIVE**  
1:00 - 2:00 PM  
MOSSA TV\*

**YOUTH BALLET**  
4:00 - 5:30 PM

**BOOT CAMP JAM**  
4:00 - 5:00 PM  
Tia  
(Community Room)

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

## Thursday

**YOGA FLOW**  
7:00 - 8:00 AM  
Emily

**STRETCH & FLOW**  
9:45 - 10:15 AM  
Luly

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

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

**STRENGTH & RESTORE**  
3:00 - 4:00 PM  
Kelly

**YOUTH BALLET**  
4:00 - 4:45 PM

**BACHATA DANCE**  
6:00 - 7:00 PM  
Alicia

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

## Friday

**INTEGRAL YOGA**  
9:30 - 10:45 AM  
Marion

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

**GROOVE**  
1:00 - 2:00 PM  
MOSSA TV\*

**BOOT CAMP JAM**  
4:00 - 5:00 PM  
Tia

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

## Saturday

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

**ZUMBA™**  
9:15 - 10:15 AM  
Carrie

**CYCLING**  
10:15 - 11:00 AM  
Rachel

**IYENGAR YOGA**  
3:00 - 4:00 PM  
Oliver

## Sunday

**YOGA**  
9:00 - 10:00 AM  
Daniel

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

**GROUP ACTIVE**  
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!

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