



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

TAI CHI
3:00 – 4:30 PM
Helene

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

Tuesday

INYEGAR 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

HIIT
6:30 – 7:30 PM
Laura

Wednesday

CYCLING
7:00 – 7:45 AM
MOSSA TV*

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

SMOOTH MOVES
10:30 – 11:15 M
Bea (ZOOM)*

BOOT CAMP JAM
1:00 – 2:00 PM
Tia

UKELELE
1:30 – 2:30 PM
Carol (ZOOM)*

CHAT
3:00 – 3:45 PM
Carol (ZOOM)*

GROOVE
5:00 – 6:00 PM
MOSSA TV*

BOLLYWOOD
6:00 – 7:00 PM
Mamasi

CYCLING
6:00 – 6:45 PM
Rachel

Thursday

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

DANCE FUSION
11:00 – 11:45 AM
Rachel

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

ZUMBA
6:00 – 6:55 PM
Charles

CENTERGY YOGA
7:00 – 8:00 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

Saturday

GROUP GROOVE
8:30 – 9:00 AM
Marion

CARDIO DANCE
9:15 – 10:15 AM
Carrie

YOGA FLOW
10:30 – 11:30 AM
Allison

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.

MOBILE APP COMING SPRING 2024!

Communication is our priority! We're launching a mobile app to keep you updated with last minute schedule changes via push notifications!

In the meantime, verify your email address with the front desk to receive email updates.