



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.

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