



MAY 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

INYEGAR YOGA
7:15 - 8:45 AM
Mia

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

**SMOOTH & GROOVE
DANCE**
10:30 - 11:30 AM
Gustavo

GROUP GROOVE
1:30 - 2:00 PM
MOSSA TV*

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

Wednesday

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

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

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

BOLLYWOOD
6:00 - 7:00 PM
Manasi

Thursday

YOGA FLOW
7:00 - 8:00 AM
Emily

DANCE FUSION
10:30 - 11:15 AM
Rachel

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

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

BACHATA DANCE
6:00 - 7:00 PM
Alicia

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

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

LATINO GROOVE
6:00 - 7:00 PM
Gustavo

Saturday

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

ZUMBA™
9:15 - 10:15 AM
Carrie

IYENGAR YOGA
3:00 - 4:00 PM
Oliver

Sunday

YOGA
9:00 - 10:00 AM
Daniel

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

GROUP ACTIVE
3:00 - 4:00PM
MOSSA TV*

KEY

***MOSSATV** 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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