GROUP EXERCISE SCHEDULE

Schedule Effective: **August 1st, 2025**

All Live/Zoom unless otherwise noted

▲ See our website and check our newsletter for special workshops, retreats, and cancellations.

M	T	W	TH	F	S	SU
9:00 - 9:45 AM Core Strength + Mobility **In-Person ONLY** *Monica* **9:30 - 10:30 AM** Mat Pilates ✦ **Zoom Only** *Susan* **10:15 - 11:00 AM** Zumba **In-Person ONLY** *Nora* **10:45 - 11:30 AM** Foam Rolling ✦ **Zoom Only** *Susan* **4:30 - 5:15 PM** BSAF ✦ **Zoom Only** *Mary Duke* **5:30-6:20 PM** Restorative Yoga ✦ **Zoom Only** *Susan* **6:00-6:45PM** Strength Circuit *Gina*	**8:30 - 9:15 AM** Cardio Sculpt *Nicole* **9:30 - 10:15 AM** Strictly Strength *Nicole* **10:30 - 11:15 AM** Mat Pilates ▲ *Andrea* **2:00 - 2:45 PM** BSAF ✦ **In-Person ONLY** *MaryDuke* **4:30 - 5:15 PM** BSAF ✦ **Zoom Only** *Mary Duke* **6:30 - 7:45 PM** Candlelight Vinyasa Yoga* ▲ **In-Person ONLY** *Nooshen* **Last Tuesday of every month:* **Yoga Nidra!**	**7:00 - 7:45 AM** Mat Pilates *Andrea* **8:15 - 9:30 AM** Yoga ✦ **Zoom Only** *Julie* **8:30 - 9:15 AM** Power Pilates *Andrea* **9:30 - 10:15 AM** Foam Rolling **In-Person ONLY** *Kevin* **10:30 - 11:15 AM** Foam Rolling *Kevin* **4:30 - 5:15 PM** BSAF ✦ **Zoom Only** *Lori*	**8:15 - 9:00 AM** Rise&Shine Yoga ✦ **Zoom Only** *Susan* **8:30 - 9:15 AM** Cardio Sculpt *Nicole* **9:30 - 10:15 AM** Strictly Strength *Nicole* **10:00 - 10:45 AM** Mat Pilates ▲ *Andrea* ***2:00 - 3:00 PM*** Tai Chi *Melissa* **4:30 - 5:15 PM** BSAF ✦ **Zoom Only** *Mary Duke*	**9:00 - 9:45 AM** Barre *Andrea* **10:15 - 11:00 AM** Yoga+Pilates ▲ *Lori* **10:15 - 11:00 AM** Foam Rolling **In-Person ONLY** *Kevin* **4:30 - 5:15 PM** BSAF ✦ **Zoom Only** *Mary Duke*	**9:30 - 10:15 AM** Cardio Kickbox *Nicole* ***9:30 - 10:30 AM*** Mat Pilates ✦ **Zoom Only** *Susan* **10:45 AM - 12:00 PM** Vinyasa Yoga ▲ **In-Person ONLY** *Nooshen* **11:00 - 12:00 PM** Tai Chi *Melissa*	**9:30 - 10:20 AM** Zumba *Allison* **10:30 - 11:45 AM** Vinyasa Yoga ▲ **In-Person ONLY** *Nooshen*

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☎ *Book ahead with the Front Desk (Walk-ins welcome)*

▲ *These classes are held in the **UPSTAIRS** studio*

✦ *Exclusive to LEVEL Members and Day/Guest passes*