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Hours: Mon–Fri (5am-9pm)
 & Sat (7am – 7pm)
 Sun (7am-5pm)

Visit us online @ mycitygym.com

Email: frontdesk@mycitygym.com

GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30AM					
7:00AM					
8:30AM	Mobility+ 8:30* (55 min.) Sarah				Mobility+ 8:30* (55 min.) Sarah
9:45AM	Mobility+ 9:45* (55 min.) Sarah	Pilates Fusion 9 :45* (55 min.) Naomi / Sarah	Mobility+ 9:45* (55 min.) Rolland	Step up 9:45* (55 min.) Sarah	Mobility+ 9:45* (55 min.) Sarah
10:45AM					
11:00AM Or 11:15AM	Flow & Restore Yoga 11:15*(55 min.) Naomi / Sarah				Zumba 11:00* (55 min.) Jovanny
4:30PM					
5:30PM		Cycle 5:30* (55 min.) Sarah/ Cassie			
6:00PM			Cardio & Core 6:00* (55 min.) Sarah *Starts 7/15/26*		Yin Yoga 6:00* (55 min.) Sarah

Please sign up for each class you plan on going to, through the Wellyx app or with the front desk, in person, by phone or email us at frontdesk@mycitygym.com, preferably 4 + hours before hand so the instructor know they have enough people.

There is a 5-person minimum per class and in the event of a class being cancelled we try to notify members 2 hours before class.

DESCRIPTIONS

Strength and Mobility:

This class combines strength-building exercises with movements aimed at enhancing flexibility and mobility. Expect a dynamic workout that challenges your body's range of motion while increasing overall strength and stability.

Flow & Restore Yoga:

Gentle movement, mobility, balance, and deep stretching to help you move with greater ease and feel your best. Perfect for beginners, active older adults, and anyone looking to improve flexibility and recovery.

Yin Yoga:

Yin yoga targets the deep connective tissues of the body through passive, long-held poses, typically performed on the floor. This meditative practice encourages relaxation and release, promoting flexibility, joint mobility, and a sense of inner peace. **Feel free to bring a bolster pillow or folded blanket to make class even more relaxing.**

Cycle Class:

In a cycle class, participants engage in high-energy stationary biking, led by motivating instructors who guide you through intervals, climbs, and sprints. It is a cardio-intensive workout designed to improve cardiovascular health, leg strength, and endurance; all set to energizing music.

Cardio & Core:

A fun, full-body workout combining cardio intervals and core training to build endurance, strength, balance, and stability. Classes may include circuits, spin bikes, standing core work, and mat exercises.

Step up:

Join us for an energizing step-up aerobics class! This workout combines cardio with strength training, using a step platform to boost your fitness levels. Perfect for all levels looking to sweat and improve coordination.

Zumba:

Experience the joy of movement with our senior Zumba class. This class is designed to keep you active, social and having fun. It also helps improve balance, flexibility, and cardiovascular health, all while dancing to upbeat music. All levels welcome.

Mat Pilates Fusion:

A dynamic 1-hour mat-based movement class that focuses primarily on strengthening the core, hips, and glutes through controlled, low-impact movement. Blending Pilates-inspired exercises with elements of mobility training, yoga, and functional strength work, this full-body class emphasizes posture, stability, balance, and flexibility. Using primarily bodyweight exercises and occasional light props, the class offers an energizing yet approachable workout for a variety of fitness levels — all set to an uplifting playlist that keeps you moving with purpose.

- Come try our classes and bring a friend
- Each member gets 1 guest pass to share every 6 months.