



4152 Meridian Street Suite #219  
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Hours: Mon–Fri (5am-9pm)  
 & Sat (7am – 7pm)  
 Sun (7am-5pm)

Visit us online @ [mycitygym.com](http://mycitygym.com)

Email: [frontdesk@mycitygym.com](mailto: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.) Nanki	Pilates Fusion 9:45* (55 min.) Sarah	Mobility+ 9:45* (55 min.) Nanki	Step up 9:45* (55 min.) Sarah	Mobility+ 9:45* (55 min.) Nanki
10:45AM					
11:00AM					Zumba 11:00* (55 min.) Jovanny
4:30PM					
5:30PM		Cycle 5:30* (55 min.) Sarah/ Cassie		Cycle 5:30* (55 min.) Sarah	
6:00PM	Vinyasa/ Hatha Yoga 6:00* (55 min.) Naomi		Vinyasa/ Hatha Yoga 6:00* (55 min.) Sarah		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](mailto: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.

### **Vinyasa Yoga:**

Vinyasa yoga synchronizes breath with movement in a flowing sequence of poses. It offers a dynamic and energetic practice, emphasizing strength, flexibility, and mindfulness as you gracefully move through poses linked by the breath.

### **Hatha Yoga:**

Hatha yoga focuses on the balance between breath and movement, incorporating a variety of poses to align and calm the body, mind, and spirit. It is a foundational practice suitable for all levels, offering a slower-paced yet deeply rejuvenating experience.

### **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.

### **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 Pilates-inspired movement class that blends classical mat Pilates with gentle elements of yoga and functional strength work. This full-body session emphasizes core engagement, controlled movement, and mindful alignment to build strength, stability, and flexibility. Using primarily bodyweight exercises and light props, this class honors the foundational principles of Joseph Pilates while offering an energizing, accessible experience for all fitness levels—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 every 6 months.