

MINDBODY SCHEDULE

MONDAY

**BARRE
CORE BLAST**
8:30am(45min) - Lorrie

**STRETCH &
RESET**
9:30am - Nicole

**RHYTHMIC
BARRE BURN**
11:00am - Amy B

**STRETCH
YOGA**
4:30pm - Jennifer

**HEATED
BARRE**
5:30pm - Lorrie

**POWER
PILATES**
6:30pm - Lorrie

TUESDAY

**BARRE PILATES
FUSION**
9:00am - Nicole

**MODERATE
YOGA**
10:00am - Nicole

**POWER
PILATES**
11:00am - Danielle

**HEATED
BARRE**
4:30pm - Amy K

**HEATED
POWERYOGA**
5:30pm - Kathleen

YIN YOGA
6:45pm - Jennifer

WEDNESDAY

**HEATED
BARRE**
5:45am - Lynne

BARRE
9:00am - Nicole
**STRETCH &
RESET**
10:00am - Nicole

**BARRE
PILATES
FUSION**
11:00am - Nicole

**MINDFUL
YOGA**
4:30pm - Joanne

**HEATED
BARRE**
5:30pm(45min) - Melissa

**POWER
PILATES**
6:45pm - Lorrie

THURSDAY

CARDIO BARRE
9:00am - Nicole

**POWER
PILATES**
10:00am - Nicole

**MINDFUL
YOGA**
4:30pm - Kathleen

**HEATED
POWER YOGA**
5:30pm - Kathleen

**RHYTHMIC
BARRE BURN**
7:00pm - Amy B

FRIDAY

**HEATED
BARRE**
9:00am - Nicole

**STRETCH
YOGA**
10:00am - Nicole

**MINDFUL
YOGA**
5:30pm - Melissa

SATURDAY

**RHYTHMIC
BARRE BURN**
7:00am (45 min)
Amy B

**RHYTHMIC
BARRE BURN**
8:00am (45 min)
Amy B

**HEATED
POWERYOGA**
9:00am
Pauline/ Kathleen

**STRETCH
YOGA**
10:00am
Pauline/ Kathleen

SUNDAY

**HEATED
BARRE**
8:00am - Nicole

**MAT
PILATES**
9:00am - Nicole

**STRETCH
YOGA**
10:00am - Nicole

**SUNDAY
EVENING YOGA**
4:30pm

DO NOT ENTER WHILE CLASS IS IN SESSION

Thank you!

Updated 1.7.25

MINDBODY CLASS SCHEDULE

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CLASSES INCLUDED IN PLATINUM MEMBERSHIP | \$15 FOR SIGNATURE MEMBERS

MINDBODY SCHEDULE

BARRE

A workout technique inspired by elements of ballet, yoga, and pilates. The class focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

FOAM ROLL & STRETCH

This class will relieve sore muscles and joint stress. It will also improve your flexibility and reduce injuries. You will use your own body weight to roll on foam rollers and balls for a massaging effect.

GENTLE YOGA

Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility. Gentle yoga uses classical hatha postures with slight variations to accommodate all levels of yoga students

HEATED BARRE/HEATED BARRE EXPRESS

Transform your body. This fat blasting, tummy tucking workout is fun and challenging. It strengthens, lengthens and stretches the body from top to bottom, and inside and out. A combination of yoga, pilates and ballet, combined with heat and motivating music, brings the latest, most effective workout around! This class uses light weights, exercise bands, pilates balls and ballet barre. Please bring your mat, towel and plenty of water...you will be sure to sweat!

HEATED POWER BARRE/ PILATES

Come ready to work hard and sweat in this Barre/Pilates fusion class which focuses on deep muscle strengthening, lengthening, for a full body stretch experience.

HEATED POWER BARRE

Get ready to sweat in this power pumping, leg shaking complete body burn. Instructors will lead you through a series of isolation lower body sculpting and upper body strength – all to music that will make you keep coming back for more.

MINDFUL YOGA

Treat yourself to a tranquil yoga experience! During this 55-minute class you will be guided in a self-healing practice which includes gentle yoga, candlelight, music, essential oils, distant Reiki. Ending your practice with a guided Savasana.

MODERATE YOGA

Build flexibility and strength. Glide into your intermediate class with the combination of breath, posture and movement.

PILATES

Pilates is one of the safest, most effective exercise programs available today. It unites body and mind and creates a more streamlined shape. You'll build your core abdominals, restore natural posture, and develop strength, flexibility and endurance.

POWER YOGA

Invigorate your body and soul with challenging, active sequences that are designed by each unique instructor. We recommend that three moderate classes are attended prior to this class. Class will either be moderate temperature, if heated temperature will be 88 degrees.

STRETCH YOGA

A wholesome approach to achieving a balance of physical and mental health, happiness, and tranquility. This class will stretch out all areas of your body while calming the mind.

VINYASA FLOW YOGA

Vinyasa utilizes the synchronization of breath and traditional poses and sequences and the opportunity to learn/practice inversions. Seated meditation will be performed prior to the traditional final resting pose of savasana.

YOGA SCULPT

A class that incorporates weights and high-intensity cardio bursts for a maximum calorie-burning effect. The weights add a new challenge to traditional yoga classes. Yoga Sculpt also incorporates cardio exercises to get your heart pumping and your blood flowing.

Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.

We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.

All classes are 55 minutes unless otherwise noted.

For class descriptions please contact our Group X Director, Jessica Montrond at jmondrond@weymouthclub.com or (781) 682-5843

Schedules are subject to change*