

TRAINING STATION

GROUP FITNESS | WEEKLY LAUNCH SCHEDULE

9 SOUNDVIEW MARKETPLACE | PORT WASHINGTON

MON	TUE	WED	THU	FRI	SAT	SUN
7:30 AM CORE THEORY Emily	7:30 AM THE STRENGTH CODE Aaron	6:00 AM RIDE X TBD	7:30 AM STRIKE Emily	6:00 AM THE ROTATION Faye	7:30 AM BUILD Emily	7:30 AM NO LIMITS Jen
7:30 AM REFORMER* Lauren	8:30 AM SWEAT LAB Maria	7:30 AM TRIPLE A Andrea	7:30 AM REFORMER* Debbie	7:30 AM SCULPT CLUB Shani	8:30 AM REFORMER* Emily	9:00 AM YIN YOGA: THE RECOVERY Aaron
8:30 AM HIIT: IGNITE Emily	8:30 AM REFORMER* Sally	7:30 AM REFORMER* Lauren	8:30 AM BUILD Jen	7:30 AM REFORMER* Lauren	9:00 AM TRIPLE A Andrea	9:00 AM REFORMER* Debbie
9:30 AM NO LIMITS Jen	9:30 AM CARDIO DANCE: THE REMIX Chris	8:30 AM ALIGN Aaron	8:30 AM REFORMER* Sally	8:30 AM RIDE X + LIFT Jen	10:00 AM CARDIO DANCE: THE REMIX Chris / Valentino	10:00 AM THE ROTATION Emily
9:30 AM FLOW Grace	9:30 AM THE SCULPT METHOD Sally	8:30 AM THE ROTATION Emily	9:30 AM TRIPLE A Andrea	8:30 AM REFORMER* Emily		10:00 AM REFORMER* Debbie
9:30 AM TRX* Andrea	5:00 PM SCULPT X Debbie	8:30 AM TRX* Andrea	9:30 AM PILATES REMIX Sally	9:30 AM REFORMER* Luisa		11:30 AM REFORMER* Sally
9:30 AM REFORMER* Luisa	6:00 PM HIIT: IGNITE Emily	9:30 AM STRONG AF Jen	9:30 AM REFORMER* Ani	9:30 AM FLOW Donna		
5:00 PM REFORMER* Lauren	6:00 PM PILATES REMIX Brittany		10:30 AM CARDIO DANCE: THE REMIX Chris	9:30 AM SWEAT LAB Emily		
6:00 PM CARDIO DANCE: THE REMIX Jamillette	6:00 PM REFORMER* Debbie	5:00 PM THE STRENGTH CODE Aaron		9:30 AM TRX* Andrea		
7:00 PM PILATES REMIX Luisa		6:00 PM REFORMER* Lauren		5:00 PM FLOW Brittany		
		6:00 PM FLOW Aaron				
		7:00 PM CARDIO DANCE: THE REMIX Jamillette				

CLASS COLOR KEY

REFORMER | TRX | STRENGTH | HIIT | YOGA / FLOW | PILATES / SCULPT | RIDE X | DANCE

* Reformer and TRX are additional-fee classes, not included with standard membership.

SCHEDULE SUBJECT TO CHANGE

TRAINING STATION

GROUP FITNESS | CLASS DESCRIPTIONS

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CORE THEORY
Focused core training to build abdominal strength, stability and control.

THE STRENGTH CODE
Full-body strength training organized into timed work blocks.

HIIT: IGNITE
High-energy intervals that challenge cardio endurance and total-body fitness.

NO LIMITS
A challenging, all-around workout blending strength and conditioning.

FLOW
Vinyasa-style yoga linking breath, movement, balance and mobility.

TRX*
Suspension training to develop strength, balance and core stability.

REFORMER*
Equipment-based Pilates emphasizing controlled movement, alignment and strength.

CARDIO DANCE: THE REMIX
Upbeat, choreographed dance cardio set to energizing music.

PILATES REMIX
A fresh take on mat Pilates for core strength, posture and control.

SWEAT LAB
Dynamic conditioning combining cardio effort and strength work.

THE SCULPT METHOD
Low-impact sculpting with precise, controlled movements.

RIDE X
Indoor cycling with intervals, climbs and endurance challenges.

TRIPLE A
Targeted work for arms, abs and glutes.

ALIGN
Yoga-based practice emphasizing alignment, flexibility and mindful movement.

THE ROTATION
Circuit training that moves through varied strength and conditioning stations.

STRONG AF
Pure strength training with no cardio intervals or jumping.

STRIKE
Kickboxing-inspired cardio with punches, kicks and athletic combinations.

BUILD
Progressive strength-focused training to build full-body power.

SCULPT X
Pilates-based sculpting focused on muscular endurance and core control.

RIDE X + LIFT
Indoor cycling paired with strength training.

YIN YOGA: THE RECOVERY
Slow, restorative holds to encourage flexibility and recovery.

SCULPT CLUB
Gentle, full-body sculpting with controlled movements.

CLASS INFORMATION
* Reformer and TRX require an additional fee. All class formats and times are subject to change.