

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am Spin Express (45 min.)	6:00am Body Challenge	5:45am Spintensity	6:00am Body Challenge	5:45am Spinning	8:00am Hatha	8:15am Tabata Spin
8:00am Interval Burn	8:00am Yin Yoga	6:00am Hatha	8:00am Interval Burn	6:00am Hatha	8:00am Spinning	8:30am Tighten 'N Tone
8:00am Barre Fitness Express	8:00am Pilates Mat	8:00am Pilates Mat Express (45 min.)	9:00am Spinning	8:00am Power Fusion	8:15am Group Blast	8:45am Barre Fitness
9:00am Barre Fitness	8:00am Group Active	8:15am Barre Fitness	9:15am Group Active	8:15am Barre Fitness	8:30am Barre Fitness Express	9:15am Spin Express
9:00am Spinning	9:00am Spinning	8:30am Group Blast	9:15am Hatha & Meditation (75 min.)	8:30am Spinning	9:15am Vinyasa (90 min.)	9:30am Vinyasa & Yoga Nidra (75 min.)
9:15am Hatha Level 2 (90 min.)	9:15am Pilates Mat & Yoga Fusion	9:15am Hatha Level 2 (90 min.)	9:45am Barre Fitness	9:00am Group Fight	9:15am Group Power	9:50am Zumba
9:30am Zumba	9:15am Group Power	9:15am Spin Express	9:45am Tai Chi	9:15am Hatha Level 2 (90 min.)	9:15am Spinning	11:00am Yin Yoga (75 min.)
11:00am Yoga Gently	9:15am Barre Fitness	9:30am Abs & Stretch (45 min.)	10:30am Zumba	9:30am Barre Fitness	9:30am Pilates Mat - Level 2	11:00am Group Active
11:00am Silver Sneakers Classic	10:30am Let's Dance	9:30am Barre Fitness	10:45am Yin & Restore (75 min.)	10:15am Zumba	10:30am Strong	12:30pm Family Yoga (75 min.)
12:00pm Spin/Yoga Fusion	10:45am Yoga Gently	10:30am Zumba	11:00am Gentle Barre Fitness	11:00am Silver Sneakers Classic	10:30am Barre Fitness	4:00 Hot Vinyasa (75 min.)
11:50pm Let's Dance	12:00pm Hatha & Meditation (75 min.)	11:00am Beginner Yoga	11:00am Silver Sneakers Classic	12:15pm Pilates Mat & Yoga Fusion	11:30am Hatha	
5:15pm Barre Fitness	12:00pm Hatha & Meditation (75 min.)	11:45am Forever Young Circuit (45 min.)	5:00pm Pilates Mat Express (45 min.)	6:30pm Restore & Renew (75 min.)	11:35am Zumba	
5:30pm Group Power	5:30pm Cardio Core	12:15pm Beginner Pilates Mat (45 min.)	5:30pm Group Power			
5:30pm Hot Vinyasa (75 min.)	5:45pm Hatha & Meditation (75 min.)	5:00pm Group Active	5:30pm Group Power			
6:00pm Spin/Core	6:30pm Zumba Express (45 min.)	5:45pm Barre Fitness Express (45 min.)	5:30pm Hot 26 Yoga (75 min.)			
6:30pm Zumba	6:30pm Spin Express (45 min.)	5:45pm Barre Fitness Express (45 min.)	6:00pm Floor Barre (45 min.)			
6:30pm Pilates Mat - Level 2	7:15pm Yin Yoga (75 min.)	6:00pm Group Fight (Low Impact)	6:35pm Spin Express (45 min.)			
7:00pm Beginner Yoga		6:00pm Spinning	7:15pm Meditation Practice (75 min.)			
		7:15pm Guided Meditation (75 min.)				
		7:15pm Interval Burn				

Locations

- - GX Studio
- - Spinning Studio
- - Yoga Studio
- - Barre Studio
- - Event Center



The Yoga Studio at each one of our locations is available for quiet contemplation and/or meditation (not guided) during our normal business hours whenever classes or special events are not in session. Please allow for 15 minutes before or after a scheduled class or event for set up and break down.

All Spinning classes may be signed up for no more than 25 hours in advance. You can reserve your bike by visiting the service desk, by calling 215.862.2200 or by logging onto your account and registering online www.cornerstoneclubs.com

NOTE: Classes are subject to change at any time. For the most up-to-date schedule information including instructors and subs, please log onto your account at www.cornerstoneclubs.com and check out our listings.