MINDBODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEATED BARRE SCULPT 75° 8:30am(45min) - *Lorrie*	PILATES VINYASA 7:00am(45min) - *Melissa*	HEATED BARRE 85° 5:45am - *Lynne*	BARRE CORE BLAST 8:30am - *Amy K*	BARRE STRETCH FUSION 8:30am - *Lynne*	HEATED RHYTHMIC BARRE BURN 85° 7:00am(45min) - *Amy B*	HEATED BARRE 85° 8:00am - *Lorrie*
HEATED STRETCH & RESET 75° 9:30am - *Nicole*	BARRE CORE BLAST 8:30am - *Amy K*	PULSE PILATES YOGA SCULPT FUSION 7:00am(45min) - *Melissa*	BARRE 9:15am - *Nicole*	HEATED BARRE 85° 9:15am(45min) - *Nicole*	HEATED RHYTHMIC BARRE BURN 85° 8:00am(45min) - *Amy B*	MAT PILATES 9:00am - *Lorrie*
HEATED BARRE STRETCH FUSION 85° 10:30am - *Jessica*	BARRE 9:15am - *Nicole*	HEATED BARRE 85° 9:15am - *Nicole*	YOGILATES 10:00am - *Nicole*	HEATED STRETCH & RESET 10:00am - *Nicole*	HEATED POWER YOGA 85° 9:00am - *Pauline/ Kathleen*	HEATED STRETCH & RESET 10:00am - *Lorrie*
HEATED RHYTHMIC BARRE BURN 85° 11:00am - *Amy B*	YOGILATES 10:00am - *Nicole*	HEATED STRETCH & RESET 75° 10:00am - *Nicole*	MINDFUL YOGA 4:30pm - *Kathleen*	MINDFUL YOGA 5:30pm - *Melissa*	HEATED STRETCH YOGA 85° 10:00am - *Pauline/ Kathleen*	SUNDAY EVENING RESTORE YOGA 4:00pm - *Susan*
HEATED VINYASA FLOW 75° 4:30pm - *Amie*	HEATED BARRE 75° 4:30pm - Amy K	YOGA SCULPT & MEDITATION 4:30pm - Joanne	HEATED POWER YOGA 85° 5:30pm - *Kathleen*			
HEATED BARRE SCULPT 75° 5:30pm - *Lorrie*	HEATED POWER YOGA 85° 5:30pm - Kathleen	HEATED BARRE 75° 5:45pm (45min) - Melissa	HEATED RHYTHMIC BARRE BURN 85° 7:00pm - *Amy B*			
HEATED PILATES 75° 6:30pm - *Lorrie*	PIYO 6:30pm - Vilma	PILATES ON A ROLL 6:45pm - Lorrie				

ALL 8:30 AM CLASSES ARE 30 MIN CLASSES
Unless otherwise noted
Effective 10/12/26

CLASSES INCLUDED IN PLATINUM & ELITE MEMBERSHIPS
$15 PER CLASS FOR SIGNATURE MEMBERS

MINDBODY CLASS DESCRIPTIONS

BARRE & HEATED BARRE (85 DEGREES)
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!

BARRE SCULPT / BARRE CORE BLAST
Tuck – Tone – Burn. This class strengthens, lengthens, and stretches the body from top to bottom, and inside and out. 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!

BARRE PILATES FUSION
Come ready to work hard and sweat in this Barre/Pilates fusion class, which focuses on deep muscle strengthening and lengthening, for a full body stretch experience. Please bring your mat, towel, and plenty of water.

BARRE STRETCH FUSION
Join us for a dynamic 25-minute Barre Stretch Fusion class designed to enhance flexibility, strength, and relaxation. This class seamlessly combines elements of barre with deep stretching techniques to improve your flexibility and range of motion. Perfect for all fitness levels, our fusion class provides a balanced workout that will leave you feeling rejuvenated and centered.

CARDIO BARRE
An upbeat, high-energy time interval barre class that combines traditional, lightweight barre exercises with non-stop, fat-burning, metabolic movements. Think tiny, pulsing lunges to tone and strengthen the muscles in the legs, thighs, and glutes. A total body workout that will make you want more.

ENERGIZING GOOD MORNING FLOW
This Yoga focuses on the connection between breath, movement, and the mind. It is based on the principles of hatha yoga, vinyasa yoga, and ashtanga vinyasa. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way.

GENTLE YOGA STRETCH
Class focuses on releasing tension, connecting with the breath, and helping you gain strength and flexibility. Gentle yoga uses classical hatha postures with slight variations to accommodate all levels of yoga students.

HEATED POWER YOGA
Invigorate your body and soul with challenging, active sequences that are designed by each unique instructor. We recommend that three moderate classes be attended before this class.

MAT PILATES
A foundational class designed to introduce you to the core principles of Pilates while enhancing your strength, flexibility, and body awareness. This class is perfect for beginners or those looking to refine their technique and deepen their understanding of Pilates. You'll engage in a variety of exercises that focus on strengthening the abdominals, lower back, hips, and glutes, while also enhancing flexibility and balance.

MINDFUL YOGA
Treat yourself to a tranquil yoga experience! During this 55-minute class, you will be guided in a self-healing practice that includes floor-based gentle yoga, slow flow stretch, restorative sequences, candlelight, music, and a guided Savasana. Come relax for this retreat-style yoga class.

MODERATE YOGA
Geared to help enhance flexibility, improve your balance, build strength, boost your energy, and ease stress and tension.

PILATES
Pilates uses a combination of approximately 50 simple, repetitive exercises to create muscular exertion. Advocates of this system of exercise claim that exercises can be adapted to provide either gentle strength training for rehabilitation or a strenuous workout vigorous enough to challenge skilled athletes.

PILATES SCULPT
This class focuses on building core strength, increasing flexibility, and improving posture through a series of dynamic exercises performed on the mat.

MINDBODY CLASS DESCRIPTIONS

PILATES + VINYASA FLOW
Kickstart your day with a balanced 45-minute fusion of Pilates precision and Vinyasa breath-movement. This class blends core-focused Pilates work to build stability, alignment, and control with a flowing Vinyasa sequence that links breath to movement for mobility and mindfulness. Suitable for all levels, with clear modifications offered to suit beginners and those with more experience.

PULSE PILATES/ YOGA SCULPT FUSION
A dynamic, full-body workout that blends Pilates precision, yoga flow, and strength-based sculpt training. This energizing class combines controlled, low-impact Pilates movements, powerful yoga sequences, and targeted toning with weights to build strength, improve flexibility, and enhance overall balance. Expect small, intentional pulses, core-focused work, and moments of mindful movement. Perfect for all fitness levels.

RESTORATIVE SOUND BOWL CLASS
A Sound Bath is a deeply immersive, full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to NURTURE YOUR MIND AND BODY.

RHYTHMIC BARRE CLASS
In this upbeat class, flow through a series of choreographed barre-inspired exercises set to a lively playlist. This class uses a variety of movements that target your core, legs, and glutes while emphasizing rhythm and timing. Using the ballet barre for support, you will experience a mix of traditional barre techniques, dance-inspired sequences, and bodyweight exercises that will challenge your strength and coordination.

STRETCH & RESET
Give yourself an hour to unwind and recharge in this stretch class. Using props that include foam rollers, straps, and therapy balls, we attend to sore muscles with a deep tissue massage approach. An all-time favorite class and experience you do not want to miss.

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
Vinyasa Yoga is a type of yoga that links movement and breath to attain balance in the mind and body. It is a flowing, dynamic practice where you often stay in one pose for one breath rather than five or more breaths. Vinyasa is excellent for getting your heart rate going and working up a sweat, and can help increase flexibility, strength, stability, calmness, and focus. It is typically described as a practice composed of poses that are linked by breath and associated with a common theme or purpose.

YIN YOGA
Yin is a great grounding practice. The goal of Yin is to stretch and target deep connective tissues between the muscles and the fascia throughout the body. You will increase circulation in the joints and improve flexibility as the poses stretch and exercise the bone and joint areas. It also helps release blockages and increase your energy flow.

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

We ask that members cancel 2 hours prior to the class or there will be a $5 late cancellation fee and a $15 no call/no show fee.

All classes are 55 minutes unless otherwise noted.

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

Schedules are subject to change*