

OPTIMAL LIVE CLASS SCHEDULE

April 1 - June 28, 2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	HIIT HIGH INTENSITY INTERVAL TRAINING AMANDA	CARDIO SCULPT LISA C.	STRONG DEB	YOGA LISA C.	CARDIO BOXING AMANDA
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	STRETCH	STRETCH	STRETCH	STRETCH	STRETCH
1:10PM ATLANTIC 12:10PM EASTERN 10:10AM MOUNTAIN 9:10AM PACIFIC	CARDIO SCULPT BRENDA	BARRE KYLA	HIIT HIGH INTENSITY INTERVAL TRAINING BRENDA	CARDIO SCULPT CHRISTYN	STRONG CORY
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	MIND MAT	MIND ON DEMAND	MIND MAT	MIND ON DEMAND	MIND MAT
3:10PM ATLANTIC 2:10PM EASTERN 12:10PM MOUNTAIN 11:10AM PACIFIC	BARRE KYLA	HIIT HIGH INTENSITY INTERVAL TRAINING ON DEMAND	STRONG ANN	CARDIO BOXING ON DEMAND	HIIT HIGH INTENSITY INTERVAL TRAINING ANN
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			YOGA FUSION TRINH		
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	STRONG LISA S.	YOGA ON DEMAND	CARDIO SCULPT LISA S.	HIIT HIGH INTENSITY INTERVAL TRAINING ON DEMAND	

Register and join classes via the [Optimal Member Portal](#) or App.

All sessions stream on Zoom. The passcode to join is **virtual**.

No classes on May 20, 2024

On Demand Classes will be replays of the classes indicated on the schedule. Register and join the sessions the same way you would for a live class.

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	Description	Equipment Required
STRONG	This 30-minute session is dedicated to sculpting and toning your muscles through a series of high-repetition, strength-based movements.	1 Mat Weights or Dumbbells
CARDIOBOXING	Set to energizing music, Cardio Boxing incorporates dynamic boxing moves like punches, kicks, knees, and elbows to elevate your heart rate and melt away tension.	None
CARDIOSCULPT	Using a combination of cardio exercises and strength training, Cardio Sculpt delivers a comprehensive fitness experience. Feel the burn as you work every major muscle group, all set to motivating music that propels you through the workout.	1 Mat Weights or Dumbbells
YOGAFUSION	Yoga Fusion seamlessly combines the best of yoga and Pilates, guiding you through a flow of invigorating movements that enhance flexibility, build core strength, and promote mindfulness.	1 Mat
HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small>	Get ready to elevate your fitness with our invigorating HIIT class! No need for fancy equipment - just grab your mat, and let's break a sweat together. This bodyweight-only workout is designed to push your limits and boost your energy.	1 Mat
STRETCH	In this short but impactful class, we'll guide you through a series of gentle movements designed to reduce pain, and counteract the strains caused by prolonged periods of sitting.	None
BARRE	A fusion of Pilates, barre, and core exercises designed to sculpt and strengthen. Grab your light weights and find stability with a chair or barre as we guide you through a transformative core-focused experience.	Light weights Barre/chair 1 Mat
YOGA	Ignite your inner strength and flexibility in our invigorating Yoga class. This fitness-inspired session seamlessly blends flowing movements to improve flexibility, mobility, balance, and overall well-being.	1 Mat
MIND	Immerse yourself in the present moment, cultivate inner calmness, and discover the transformative benefits of mindfulness in this immersive guided mindfulness session designed to forge a connection between body and mind.	None

Group Classes Etiquette:

- Please try to arrive on time for class.
- All live streaming group classes are streamed via Zoom. Please ensure you have Zoom installed prior to you session.
- Please come prepared with the recommended equipment list above.
- If you register for a sessions, please try to ensure you attend. If you are not able to attend, please remember to cancel your reservation.
- Please ensure your microphone is off during class unless you require assistance or have a question.