

LEVEL 28

Semi-Private Group Sessions

To reserve your time, please contact Level28@stayaka.com | 267.463.5228

MONDAY

HIIT 12:45 – 1:30 pm

A technique using quick bursts of all-out-energy exercises followed by active recovery periods to get the heart rate going.

TUESDAY

HIIT 5:30 – 6:15 pm

A technique using quick bursts of all-out-energy exercises followed by active recovery periods to get the heart rate going.

Yoga 6:45 – 7:45 pm

Find your Om. This class combines the use of breathing techniques, meditation, and poses to create a healthy mind and body. No two classes are ever alike!

WEDNESDAY

HIIT 12:45 – 1:30 pm

A technique using quick bursts of all-out-energy exercises followed by active recovery periods to get the heart rate going.

Core Kickboxing 5:30 – 6:30 pm

This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

THURSDAY

Barre 12:15 – 1:15 pm

This low impact workout is designed to focus on toning and lengthening the muscles. By focusing on isometric strength movements barre targets the smaller muscles in the body to create a long, lean body.

Vinyasa Yoga 5:30 – 6:30 pm

Find your Om. This class combines the use of breathing techniques, meditation, and poses to create a healthy mind and body. No two classes are ever alike!

FRIDAY

Core-late 12:00 – 1:00 pm

Body conditioning movement sequences that have been curated by Marie using body weight, free weights, and resistance tubing.