



GROUP EXERCISE SCHEDULE

EFFECTIVE MAY 10TH - MAY 16TH

| M | T | W | TH | F | SAT | SUN |
|--------------------------------|--|---------------------------------------|--|---|--|--|
| CYCLE (45) CARLOS C | 7:00AM BARRE (45) ERIN Y | 7:00AM MELT (45) BLAYNE Y | 7:00AM BARRE (45) ERIN Y | 7:00AM POWER SCULPT (45) GENIEVE M | 7:00AM POWER SCULPT (45) KIMBER M | 9:15AM BARRE (45) BLAYNE Y |
| BARRE (45) ERIN Y | 9:30AM INTENSE MET-CON (45) DECLAN M | 7:00AM CYCLE (45) HEATHER C | 7:00AM INTENSE MET-CON (45) DECLAN M | 7:00AM CYCLE (45) CARLOS C | 7:00AM BARRE (45) ERIN Y | 10:00AM TOTAL BODY (45) SHAYNE M |
| BODY & BOXING (45) JACKIE M | 12:15PM VINYASA YOGA (60) SHAYNE Y | 1:15PM PILATES (45) BLAYNE Y | 1:15PM VINYASA YOGA (60) ORI Y | 9:30AM PILATES (45) TAYLOR Y | 10:15AM BARRE (45) ERIN Y | 10:15AM MELT (45) BLAYNE Y |
| BODY & BOXING (45) JACKIE M | 1:15PM CYCLE (45) TOM C | 6:15PM CYCLE (45) LISA C | 6:15PM PILATES (45) BLAYNE Y | 12:15PM INTENSE MET-CON (45) DECLAN M | 10:15AM CYCLE (45) CARLOS C | 11:15AM PILATES (45) AMY Y |
| BARRE (45) DANELLE Y | 6:15PM BOOTCAMP (45) SEAN A M | 6:30PM HARDCORE (30) TOM M | 6:15PM CYCLE (45) LISA C | 6:30PM VINYASA YOGA (60) KATE Y | 10:15AM POWER SCULPT (45) KIMBER M | 11:15AM CYCLE (45) SHAYNE C |
| PILATES (45) DANELLE Y | 7:15PM CYCLE (45) TOM C | 7:15PM MAX STRENGTH (45) TOM M | 7:15PM BOXING (45) KWAME "Q" M | 6:30PM BOXING (45) KWAME "Q" M | 11:15AM PILATES (45) ERIN Y | 12:15PM STRETCH & RELAX (45) AMY Y |
| | 7:15PM YIN YOGA (60) DERRIC Y | 7:15PM VINYASA YOGA (60) OLGU Y | 7:15PM BARRE (45) BLAYNE Y | | 11:15AM CYCLE (45) CARLOS C | 12:15PM TOTAL BODY (45) SHAYNE M |
| | 7:30PM BOXING (45) KWAME "Q" M | 7:15PM CYCLE (45) LISA C | 7:30PM BOXING (45) KWAME "Q" M | | 12:15PM VINYASA YOGA (60) SHAYNE Y | |

PLEASE NOTE THE FOLLOWING:

- SPACE IS LIMITED TO 33% STUDIO CAPACITY.
- ALL CLASSES REQUIRE ADVANCE SIGN-UP REGISTRATION.
- SIGN-UP BEGINS 48 HOURS PRIOR TO THE START OF THE CLASS VIA OLS.
- PLEASE BE ON TIME FOR CLASS. EMPTY CLASS SPOTS ARE GIVEN AWAY TO MEMBERS ON THE WAIT-LIST AT THE START OF CLASS.
- EMPTY CYCLE BIKES ARE GIVEN AWAY 5 MINUTES PRIOR TO CLASS START TIME.
- BOXING GLOVES WILL NOT BE PROVIDED. MEMBERS MUST BRING THEIR OWN.
- ALL CLASS PARTICIPANTS MUST WEAR A MASK COVERING THEIR NOSE AND MOUTH AT ALL TIMES.
- MEMBERS MUST WIPE DOWN THE EQUIPMENT THEY USE AFTER EACH CLASS.

CLUB HOURS

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| MONDAY | 6:00AM - 9:00PM |
| TUESDAY | 6:00AM - 9:00PM |
| WEDNESDAY | 6:00AM - 9:00PM |
| THURSDAY | 6:00AM - 9:00PM |
| FRIDAY | 6:00AM - 9:00PM |
| SATURDAY | 8:00AM - 8:00PM |
| SUNDAY | 8:00AM - 8:00PM |

LEGEND

- C: CYCLE STUDIO
- Y: YOGA STUDIO
- M: MOVEMENT STUDIO
- RED: INSTRUCTOR SUB

MERCEDES CLUB

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE
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