

Main Studio • Cycle Studio • TRX Area • Synergy360



Schedule posted

separately

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
SUNRISE Vinyasa Flow YOGA 7.00-8.00 am	MINTride Interval Intensity 7.00-8.00 am	MINTride 7.00-8.00am	MINTride 7.00-8.00am	SUNRISE MINTride 7.00-8.00am	MINTBarre 9:30- 10:30 am	MINTride 10.30- 11.30 am
POWER Playground (G) 7.00-7.50 am	MINThai Kick 7.00- 8.00am	TUNE UP YOGA 7.00-8.00am	MINTBarre 7.15- 8.05am	SUNRISE Vinyasa Flow YOGA 7.30-8.30am	POWER Playground (G) 10.00-11.00 am	
EXPRESS TRX 12.00-12.30 pm	POWER Playground (G) 12.00-1.00pm	MINTensity 8.00-9.00am	MINTride 12.00-1.00pm	POWER Playground (G) 12.00-1.00pm	MINTride 9.30- 10.30am	Vinyasa Flow YOGA (MIXED LEVELS)
Align & Flow YOGA 12.00-1.00pm	Align & Flow YOGA 12.00-1.00pm	MINTfour 11.25-11.55pm	Slow Burn Flow YOGA 12.00-1.00pm		MINTCore 10.30- 11.00am	10.30- 12.00p m
MINTride 12.00-1.00pm	MINTcore 1.00-1.30 pm	FLOW & ALIGN YOGA 12.00-1.00pm	MINTCore 12.30-1.00pm	Vinyasa YOGA INTERMEDIATE 12.00-1.00pm		
MINTBarre 1.00-2.00pm	CORE PILATES + 1.30-2.30 pm	!TRIBE WORKSHOP! 12.00-12.50am	MINTBarre 1.00-1.50pm	MINTBarre 1.15-2.15pm	Flow & Align YOGA (ALL LEVELS)	
MINT Barre 5.30-6.25pm	Vinyasa YOGA (INTERMEDIATE) 6.00-7.00pm	EXPRESS POWER PLAYGROUND (G) 12.30-1.00pm	Mat PILATES + 5.00-6.00pm		11.15 am- 12.30 pm	
POWER Playground (G) 6.00-6.50 pm	MINT RIDE Interval Intensity 6.30-7.30pm	POWER PILATES + 5.00-6.00pm	MINTBox 6.00-6.50pm	ZUMBA 5.00-5.55pm		
MINTride 6.30-7.20pm		MINTride 6.30-7.30pm	MINTensity 6.15-7.05pm	MINTunwind YOGA (ALL LEVELS) 6.00-7.15pm		
MINThai Kick 6.30-7.30pm	HATHA YOGA (ALL LEVELS) 7.15-8.15 pm	MINTride 6.30-7.30pm	MINTride 5.30- 6.30am			
ZUMBA 7.30-8.00pm		MINTBarre 6.00-7.00pm	Flow & Restore YOGA 7.00-8.15pm			

ONLINE REGISTRATION REQUIRED FOR EVERY CLASS! - DROP INS ACCOMMODATED WHEN POSSIBLE

(G) Indicates Classes meet on Main Gym Floor

Up-to-the-minute class updates at mintdc.com>CLASSES, and on



Align & Flow Yoga (Mixed Levels, Intermediate, Intermediate/Advanced levels): This alignment-based yoga class focuses on form without giving up fluidity. Tap into your reserves of strength, flexibility, and balance through a progression of yoga poses that combines thoughtful alignment work and longer holds with joyful vinyasa flow. Different levels of this class are available with varying degrees of difficulty/challenge for all students.

CorePilates+: Experience core strength training the Pilates way. Infuse energy into your core workout with mindful Pilates mat work. Feel strong, and toned while cultivating long lean muscles that work together to create overall balance and health. Join the fun and leave feeling rejuvenated.

Flow & Align Yoga (Mixed Levels): This movement-based yoga class focuses on form and fluidity. Tap into your reserves of strength, flexibility, and balance to explore a progression of yoga poses that combines vinyasa flow, thoughtful alignment, and longer holds that will challenge any level of student. Most classes incorporate breathing exercises, meditation, restful poses, and music. Expect to be challenged, encouraged, and cared for.

Hatha Yoga: A slower paced yoga including minimal vinyasa and a greater concentration on standing and sitting poses, simple breathing exercises and meditation. Suitable for any level. Beginners welcome!

Mat Pilates+: Inject energy and challenge into your Pilates matwork routine with the versatile Fitness Circle and Flex Band resistance tools. Add targeted resistance to both upper and lower body moves for an invigorating workout guaranteed to challenge strength, flexibility and core stability.

MINTBarre: This 60 minute MINT signature class is open to all levels. We will isolate and strengthen individual muscle groups, followed by a targeted stretch that will lengthen and streamline the body to give you the dancer's body you can only earn with MINTbarre. Combines mat pilates moves with exercises at the ballet barre, no dancing experience or skills necessary.

MINTBox: An intense overall body conditioning class derived from the fundamentals of boxing that will challenge and improve your core strength, fitness coordination, balance and strength while burning fat. Burn from 500 to 800 calories in just a one hour class.

MINTCore: This 20 min class places all of its focus on your core - your abs, obliques, and mid/lower back will receive all the attention they deserve to help you gain better posture, stabilization, and positioning during your every-day movements. Build strength and definition while you burn calories in a FAST and FOCUSED workout.

MINTensity: Start your morning with a BANG with an intensity class designed to burn maximum calories and building strength! You'll be circuiting through an intense combination of TRX, Kettlebells, bodyweight, and cardio exercises to ensure you will be earning your breakfast!

MINTFour: With 4 stations, this high intensity class will bring together lifting, plyometrics and cardiovascular drills - sure to raise your heart rate and test your endurance... and in 30 minutes!

MINTKick: An intense overall body conditioning class derived from many forms of martial art that will challenge and improve your core strength, fitness coordination, balance and strength while burning fat. Burn from 500 to 800 calories in just a one hour class.

MINTride: A true spin class designed to take you on the ultimate RIDE - 60 minutes of a low-impact, high-intensity cardio. Anyone can benefit from this intense spinning program, even the most avid cyclist. All levels are welcome. Heart rate monitors are recommended.

MINTride Interval Intensity: MINTride Intervals is not for the faint of heart - be prepared for a 60-minute ride composed of intense intervals, high intensity cardio blasts, climbs, and pushes, paired with recovery that will allow you to maximize caloric burn.

MINTunwind Yoga (All Levels): Release from your work week through an invigorating vinyasa flow. Marching breath and movement, you will move through a moderately-paced, fun and dynamic yoga class. Appropriate for all levels!

Power Pilates +: Inject energy and challenge into your Pilates Matwork routine with props including the Fitness Circle, Stability Ball and Toning Balls. Add targeted resistance to both upper body and lower body moves for an invigorating workout guaranteed to challenge strength, flexibility and core stability.

Power Playground: Utilizing our synergy equipment, Power Playground is a circuit training class with non stop movement!

Slow Burn Flow: Focus on alignment and foundations while building heat with slower transitions and holds in this all levels vinyasa class.

Sunrise MINTride: Any hour with a '6' in the front is considered a late hour for most of our D.C. enthusiasts. Come in early for your ride with Sunrise MINTride, and get more accomplished before 8am than most others will all day.

Sunrise Flow Yoga: Join us for a gentle awaking to the rising sun with this vinyasa flow class taught with emphasis on modified sun salutations, loving twists and delicious forward folds to aid you in greeting the day with a supple mind and body. All levels welcome!

Tune Up Yoga: Soothe your soul as you move through this sunrise yoga flow to soothing yet energizing tunes.

Vinyasa Flow Yoga (Mixed Levels, Intermediate): Vinyasa yoga is a flowing form of yoga that focuses on integrating breath and movement, awareness and alignment, strength and flexibility. Likened to a dynamic movement meditation, postures are connected through the breath for a transformative and balancing effect. Different levels of this class are available with varying degrees of difficulty/challenge for all students.

Zumba: ZUMBA is a dynamic and exciting fitness program based on Latin and International music and dance steps creating a fun and challenging cardio workout for all fitness levels.