


Main Studio · Cycle Studio · TRX · Synergy360

 Schedule posted separately

| Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|--|--|---|--|---|---|--|
| MINT AM BOOTCAMP 6.00-6.50 am | MINTensity 6.30-7.30am | MINTensity 6.00-7.00am | MINTfit 6.00-7.00 am | MINT AM BOOTCAMP 6.00-6.50 am | MINTride 9.00-10.00 am | Sunday Sunrise YOGA 8.30-9.50 am |
| SUNRISE Align & Flow YOGA 7.00-8.00 am | SUNRISE MINTride 6.30-7.30am | MINTride CHALLENGE 6.30-7.30 am | SUNRISE MINTride 6.30-7.30 am | SUNRISE MINTride 6.30-7.30am | YOGA for Movers & Tots 9.00-10.00 am | MINTride 9.30-10.30 am |
| MAT PILATES PLUS + 12.00 - 1.00 pm | Flow & Align YOGA 12.00-1.00 pm | BARRE-STRETCH 7.00-8.00 am | SUNRISE Vinyasa Flow YOGA 7.00-8.00 am | YOGA for Athletes 7.00-8.00 am | !!TRIBE WORKSHOP!! 9.30-10.20am | Mamas at MINT Prenatal YOGA 10.00-11.20 am |
| MINTBarre 5.00-6.00pm | MINThai Kick 5.00- 6.00am | MAT PILATES PLUS + 12.00-1.00pm | MINTfreshFlow YOGA 12.00-1.00 pm | Vinyasa Flow YOGA (MIXED LEVELS) 12.00-1.00pm | MINTcore 10.00-10.25am | POWER Playground(G) 10:30-11:20am |
| PLYOFit 6.00-6.50 pm | KettleX 6.00-6.30pm | ZUMBA 5.30-6.25pm | MAT PILATES + 5.00-6.00 pm | FOAM ROLLING 101 5.30-6.00 pm | Align & Flow YOGA INT/ADVANCED 10.30-12.00 pm | POWER PILATES PLUS+ 11.30-12.30 pm |
| MINTride 6.30-7.30 pm | MINTride 6.30-7.25pm | MINTride 6.30-7.30 pm | MINTBarre 6.00-7.00 pm | MINTride 6.00-7.00 pm | MINTride 11.00-12.00 pm | Power Playground 12.00-1.00 pm |
| ZUMBA 7.00-7.55 pm | MINTride 6.30-7.25pm | Align & Flow YOGA (MIXED LEVELS) 6.30-7.50 pm | MINTRIDE 6:30- 7:20 pm | MINTride 6.00-7.00 pm | MINTfresh Flow YOGA (MIXED LEVELS) 12.15-1.30 pm | ZUMBA 12.30-1.30 pm |
| FORREST YOGA (MIXED LEVELS) 8.00-9.15 pm | MINTBarre 6.30-7.20pm | POWER Playground (G) 7.00-8.00 pm | YOGA FUNDAMENTALS (Beginners Welcome!) 7.00-8.20pm | MINTunwind YOGA (ALL LEVELS) 6.15-7.20 pm | MINTkick 2.00-2.55 pm | MINTBarre 1:30-2.20 pm |
| | Align & Flow YOGA INTERMEDIATE 7.30-9.00pm | DOONYA 8.00-8.55 pm | | ZUMBA 7.30-8.30 pm | MINI-BARRE 3.00-3.50pm | MINTride 5.00-6.00 pm |
| | | | | | Vinyasa YOGA INTERMEDIATE 4.00-5.30pm | Flow & Restore YOGA 6.00-7.30pm |

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.

Barre Stretch: Class incorporates barre-style exercises to isolate and strengthen individual muscle groups combined with extensive targeted stretching to lengthen and streamline the body. Start your day at the barre and leave feeling strong, flexible, and energized! Open to all levels.

Doonya: Doonya is THE Bollywood-inspired workout. Follow along to cardio and conditioning intervals of varying intensity, activating major muscle groups of the abs, arms and legs.

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.

Foam Rolling 101: 25 minutes of self myo-facial release. Come iron out your muscles on the foam roller, and learn to build your recovery program.

Forrest Yoga (Mixed Levels): Forrest Yoga is renowned as an intensely physical and internally focused practice that emphasizes how to carry a transformation experience off the mat and into daily life. This style teaches you how to breathe deeply, connect in feeling with your body, use the power of breath to rejuvenate every cell of your body. This class is held at 85 degrees.

Kettle X: Take a ride on this 30 min intensity train! Learn how to use Kettlebells safely, and add to your arsenal of Kettlebell workouts!

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.

MINT AM Bootcamp: Start your metabolic effect right away with a wonderful array of exercises to wake you up and get you going!

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.

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!

MINTfreshFlow Yoga (Mixed Levels): The class focuses on the breath in an ever-changing flow sequence. Students will awaken their strength, energy and flexibility in a fun atmosphere paired with energizing music. Students will build strength, flexibility and concentration while cleansing the body and calming the mind with breath and body awareness.ve experience off the mat and into daily life

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 Challenge: Cover 4 pillars of fitness in one hour with a fun ride in 15 minute segments of endurance, strength, speed and balance. In the process, we'll improve key areas of your health: 1) cardiovascular system; 2) musculoskeletal system; 3) neurological system; and 4) flexibility, as we finish up each class with basic stretches. This spin class is open to all levels and offers as intense a training as you'd like to have.

MINTSport: MINTSport is a challenging cardiovascular and muscle strength conditioning class, which is effective and time efficient. Expect short, high-intensity cardiovascular drills followed by compound muscle strength exercises challenging all the major muscles of the body. All levels.

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!

PlyoFit: PlyoFit takes Plyometrics to new heights with intervals! This workout will provide a challenging cardio and lower body workout and will end with an express lower body stretch, which will leave you sweaty yet refreshed.

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

Sunrise Align & Flow: Join us for a mindful awaking to the rising sun with an alignment-based vinyasa flow class that invites you to a slower, more grounding practice designed to wake up the hips, open the heart, energize the spirit ... and help you "line up" with your best vision for the week. Get ready to greet the day with an open mind and rejuvenated body. All levels welcome!

Sunday Sunrise Yoga: Wake up Sunday morning with a thoughtful yoga practice that sets a great impression for your week. Class explores a full spectrum of yoga poses along with classic sun salutations. Every practice is concluded with a deep relaxation, breath work and a guided meditation.

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.

Vinyasa Flow Yoga (Sunrise, 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.

Yoga for Athletes: Are you a runner, spinner or athlete of some kind? A little yoga goes a long way! Practicing once a week can improve your overall circulation, endurance, focus and recovery time. Come to class to balance your workout routine, and give those muscles the attention they deserve

Yoga Fundamentals: Never practiced yoga before, need a refresher, or just need to bring it down a notch and regroup? This yoga class is designed specifically for the absolute beginner or anyone wanting a gentler, step-by-step review of the basics

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.