

WELLNESS SCHEDULE



Classes start November 10, 2025

MONDAY - WEDNESDAY - FRIDAY

7 AM | Physique 57 Residency

Transform your body in just 60 minutes with a full-body fusion workout that combines core-focused and barre-inspired movements—no barre required. Using only your body weight, this science-backed method delivers long, lean muscle definition through low-impact intervals.

TUESDAY

8 AM | Tone & Flow

A harmonious blend of sculpting and stretching that enhances the body and restores inner equilibrium. Move with intention, awaken with grace, and emerge renewed—strong, serene, and centered.

SATURDAY

8 AM | HIIT Longevity

Power meets purpose—each movement builds strength, resilience, and lasting vitality through intentional effort and recovery.

SCAN THE QR CODE TO LEARN MORE.



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