

WELLNESS SCHEDULE



PHYSIQUE 57 RESIDENCY - JANUARY

Mondays, Wednesdays and Fridays at 7 AM | Tuesdays and Thursdays at 5:30 PM

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.

TONE & FLOW

Tuesdays at 8 AM

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.

HIIT LONGEVITY

Thursdays at 8 AM

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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