

[MON]

HARDEN FIT X RYAN



WEIGHTS + CARDIO  
HIGH | 7:15PM

TOLEDO HIIT X JEFF



TOTAL BODY  
HIGH | 9:15PM

(TUE)

MOVE X GILLIAN



FUNCTIONAL FIT  
MODERATE | 12PM

IGNITE X MICHELLE



HIIT + STABILITY  
MODERATE | 7:15PM

{WED}

BLOOM X MASSIEL



VINYASA FLOW  
MODERATE | 7:15PM

(THUR)

SCULPT X KELLY



TOTAL BODY PILATES  
MODERATE | 6PM

FORM X ANGIE



FUNCTIONAL FIT  
MODERATE | 8:15PM

[SAT]

ENERGY X MURI



POWER FLOW  
MODERATE | 10AM

APEX X EDEM



PROGRESSIVE HIIT  
HIGH | 8:15AM

(SUN)

SWEET SCIENCE X RAMON



HIIT + BOX  
MODERATE | 10AM

RECOVER X ASHLEY



RECOVERY FLOW  
MODERATE | 11:15AM

PULSE X VANESSA



MINDFUL PILATES  
MODERATE | 1:30PM

GETTING STARTED | PDE LIVE + ON-DEMAND

01

REGISTER WITH MECO

All first-time MECO People must complete the 2-minute registration at [www.nycmeco.com/registration](http://www.nycmeco.com/registration).

02

REQUEST + RECEIVE APP ACCESS

Text **MECOAPP** to **22999** to request access to hundreds of on-demand fitness, yoga and pilates experiences + our library of 1,300 "freestyles".

03

SIGN-UP FOR LIVE STREAM CLASS

Once set up you can go to [www.nycmeco.com/pde](http://www.nycmeco.com/pde) to see the full schedule and sign-up for upcoming classes.



# PEOPLE

# DOING

# EXERCISE



## **BLOOM x MASSIEL | VINYASA FLOW | FLORIDA**

CHALLENGE LEVEL **MODERATE**

Bloom is a focused on strength and stability. The class emphasizes intention and combining different transitions into various asanas in order to create a variety of class experiences. With a focus on endurance and strength training, poses are done in quick succession, helping build muscle strength while improving your fitness and flexibility.



## **IGNITE x MICHELLE | HIIT + STABILITY | LOS ANGELES**

CHALLENGE LEVEL **HIGH**

Ignite is an experience designed to combine cardio conditioning with stability-oriented calisthenic and major muscle group engagement. Endure is a HIIT class that incorporates core and total body activities that require exercisers to commit to improving their ability to manage their cardiovascular stamina and muscle endurance..



## **SCULPT x KELLY | CORE + MAT PILATES | MEMPHIS**

CHALLENGE LEVEL **MODERATE**

Designed to add definition to the while enhancing stability and static strength. Sculpt is a Mat Pilates experience that is focused on core, buttocks, upper body and cardio conditioning designed to tone the body and define muscle groups.



## **HARDEN FIT x RYAN | WEIGHTLIFTING + CARDIO | NYC**

CHALLENGE LEVEL **MODERATE**

Designed to enhance muscle endurance, increase cardiovascular stamina, and and build strength. Harden Fit is a total body weightlifting and cardio-oriented experience that utilizes weights (and/or household appliances with weight) to challenge various muscle groups in a total body and coordinated fashion.



## **APEX x EDEM | ESCALATOR BOOTCAMP | NYC**

CHALLENGE LEVEL **HIGH**

Designed to maximize ability to perform daily activities at a high level, while increasing physical performance and mental endurance. Infinity is a high intensity athletic conditioning experience focused on progressive strength building and cardio conditioning.



## **JIG x SHARONA | RHYTHM HIIT | TORONTO**

CHALLENGE LEVEL **HIGH**

An experience designed to increase cardiovascular stamina and muscle endurance while enhancing the connection between mind and body. Jig is a fun high intensity endurance circuit focused on coordination based activities, and total body toning exercise.



## **TOLEDO HIIT x JEFF | TOTAL BODY CIRCUIT | NEW JERSEY**

CHALLENGE LEVEL **HIGH**

Designed to help improve mental resilience and the ability to persist. Toledo HIIT is an intention-based interval training session focused on using inspiration, motivation, and physical challenges to help people identify with their ability to overcome.



## **TABATA BOOM x CRYSTAL | TABATA | BROOKLYN**

CHALLENGE LEVEL **HIGH**

Designed to torch calories and improve athletic performance, Tabata Boom is a High-Intensity Interval training workout with timed intervals of work versus rest. Using just your bodyweight for this class, the bursts of intensity paired with short rest periods will work to improve endurance and performance.



## **FORM x ANGIE | FUNCTIONAL HIIT | ATLANTA**

CHALLENGE LEVEL **MODERATE**

Designed to strengthen the body in order to make daily activities more comfortable and safe. Form + Function is a functional exercise circuit experience focused on helping people move properly and efficiently in order to help avoid injury and manage daily activities with strength and posture.



## **MOVE x GILLIAN | FUNCTIONAL CIRCUIT | PHILLY**

CHALLENGE LEVEL **MODERATE**

Designed to be an intro class from an intensity and experience standpoint, Move is a 45 minute class that combines stretching, a light cardio circuit to get your heart pumping, and finishes with functional strength training and an ab circuit. This is an all level class and does not require fitness equipment though if you have weights or bands, great!"



## **RECOVER x ASHLEY | RESTORATIVE YOGA | LOS ANGELES**

CHALLENGE LEVEL **MODERATE**

Recover is slow flow yoga class designed to revitalize the mind and body while calming the central nervous system. Recovery will challenge you to experience deep rest and rejuvenation by releasing tension, increasing mobility and reducing stress.



## **SWEET SCIENCE x RAMON | HIIT + BOX | PHILLY / ITALY**

CHALLENGE LEVEL **LIGHT**

An experience designed to burn calories and strengthen cardiovascular endurance while helping people learn boxing basics. Sweet Science is a technical boxing coaching session that combines technique training with high intensity calisthenics and mind sharpening combinations that offer you a glimpse into the process of training for the "big fight"!



## **PULSE x VANESSA | VINYASA YOGA FITNESS | SAN FRANCISCO**

CHALLENGE LEVEL **HIGH**

Designed to tone the body, create long lean muscles, and release energy. The Pulse is a subtly challenging combination of Mat Pilates and mindfulness focused on gentle yet concentrated movements designed to provide a lower body and core burn.



## **ENERGY x MURIEL | POWER FLOW | NYC**

CHALLENGE LEVEL **MODERATE**

Designed to turn your stress into sweat, Energy is an athletic approach to yoga designed to heal, detoxify, and exhilarate your body and mind. Energy is a Vinyasa-based experience with an emphasis on fluid movements, strong balance and intention.



## **JOURNEY x DEENA | VINYASA YOGA | NYC**

CHALLENGE LEVEL **MODERATE**

Designed to stabilize the mind and body while helping people improve their strength and conditioning. Journey is an athletic vinyasa flow focused on constant movements designed to enhance flexibility, stabilize core strength, and provide low impact total body strength conditioning.