



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING WORKOUT 9:30AM - 10:15AM Nancy (A)	BODY PUMP 7:30AM - 8:30AM Susan (A)	MORNING CYCLE 6:00AM – 6:50AM Sara (S)	BODY PUMP 7:30AM - 8:30AM Susan (A)	MORNING CYCLE 6:00AM – 6:50AM Sara (S)	
PILATES 9AM - 9:45AM Tracy (D)	LES MILLS CORE 8:45AM - 9:15AM Susan (A)	MORNING WORKOUT 9:30AM - 10:15AM Nancy (A)	SPIN CLASS 8:30AM - 9:15AM Lynn (S) <i>Starting December 2nd</i>	MORNING WORKOUT 9:30AM - 10:15AM Nancy (A)	<p>Don't forget to check out our Active Older Adult Schedule for Cardio Circuit & Boom Classes!</p> <p>To reserve a spot for a class, please call (724) 238-7580, 24 hours prior to your class.</p> <p>You must bring your own mat to class, no mats will be available.</p> <p>(A) = AEROBICS ROOM (D) = DANCE STUDIO (S) = SPIN STUDIO</p>
INDOOR CYCLE 9:30AM – 10:30AM Denise (S)	ZUMBA 9:15AM – 10:15AM Tracy (A)	PILATES 9AM - 9:45AM Tracy (D)	PILATES 9:30AM - 10:15AM Lynn (A) <i>Starting December 2nd</i>	INDOOR (SILVER) CYCLE 9:30AM – 10:30AM Denise (S)	
		INDOOR CYCLE 9:30AM – 10:30AM Denise (S)			
HIIT 6PM – 6:45PM Becca (A)	YOGA 5:30PM – 6:45PM Danielle (D)	HIIT 5:15PM – 5:45PM Judy (D)	DANCE FIT 6PM – 6:45PM Becca (A)		