



# 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 WORKOUT 9:30AM - 10:15AM Nancy (A)	BODY PUMP 7:30AM - 8:30AM Susan (A)	MORNING WORKOUT 9:30AM - 10:15AM Nancy (A)	
PILATES 9AM - 9:45AM Tracy (D)	ZUMBA 9:15AM - 10:15AM Tracy (A)	PILATES 9AM - 9:45AM Tracy (D)		INDOOR (SILVER) CYCLE 9:30AM - 10:30AM Denise (S) <i>Starting Week of 9/13/21</i>	<p><b>Don't forget to check out our Active Older Adult Schedule for Cardio Circuit &amp; Boom Classes!</b></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) <i>Starting Week of 9/13/21</i>		INDOOR CYCLE 9:30AM - 10:30AM Denise (S) <i>Starting Week of 9/13/21</i>			
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)		