

## NON-MEMBER CLASS PRICING

**\$10 for 1 Class \$45 for 5 Classes \$80 for 10 Classes**

Revised 1/16/26 Please check the monthly class board. Class type, times, pricing & instructors are subject to change. **412-364-8500**

MON	TUES	WED	THURS	FRI	SAT
• <b>8:10AM •</b> <b>YOGA</b> W/ANGIE	• <b>8:10AM •</b> <b>BARRE</b> W/BETTY	• <b>8:10AM •</b> <b>YOGA</b> W/JON	• <b>8:10AM •</b> <b>CIRCUIT TRAINING</b> W/BETTY	• <b>8:10AM •</b> <b>CARDIO SCULPT</b> W/BETTY	• <b>8:10AM •</b> <b>YOGA</b> W/JON
• <b>9:15AM •</b> <b>SENIOR CARDIO CIRCUIT</b> W/MARCIA	• <b>9:00AM •</b> <b>ZUMBA®</b> W/BETTY	• <b>9:15AM •</b> <b>SENIOR BOOM MUSCLE</b> W/NANCY	• <b>9:00AM •</b> <b>ZUMBA®</b> W/BETTY	• <b>9:15AM •</b> <b>SENIOR CARDIO CIRCUIT</b> W/MARCIA	• <b>9:10AM •</b> <b>ZUMBA®</b> W/JOANNA
• <b>10:15AM •</b> <b>SENIOR CARDIO CIRCUIT</b> W/MARCIA	• <b>10:15AM •</b> <b>SENIOR BRAINS &amp; BALANCE</b> W/NANCY	• <b>10:15AM •</b> <b>SENIOR CARDIO CIRCUIT</b> W/NANCY	• <b>10:15AM •</b> <b>SENIOR STRENGTH &amp; STRETCH</b> W/ROSE	• <b>10:15AM •</b> <b>SENIOR CARDIO CIRCUIT</b> W/MARCIA	
• <b>11:15AM •</b> <b>SENIOR CLASSIC</b> W/MARCIA	• <b>11:15AM •</b> <b>SENIOR YOGA</b> W/NANCY	• <b>11:15AM •</b> <b>SENIOR CLASSIC</b> W/NANCY	• <b>11:15AM •</b> <b>SENIOR CLASSIC</b> W/SUZY	• <b>11:15AM •</b> <b>SENIOR CLASSIC</b> W/MARCIA	
• <b>12:30PM •</b> <b>LINE DANCING</b> W/SHIRLEY	• <b>12:30PM •</b> <b>LINE DANCING</b> W/SHIRLEY			<b>Classes are included FREE with a Fitness Membership</b>	
• <b>6:00PM •</b> <b>CARDIO SCULPT</b> W/MEGAN	• <b>5:45PM •</b> <b>ZUMBA</b> W/JOANNA	• <b>6:00PM •</b> <b>YOGA</b> W/MICHELE	• <b>5:45PM •</b> <b>ZUMBA</b> W/JOANNA	<b>NOTE:</b> <i>Whenever possible, class changes and/or cancelations will be posted ahead of time on the bulletin board. If you have questions call 412-364-8500.</i>	
• <b>7:00PM •</b> <b>YOGA</b> W/HOLLY	• <b>7:00PM</b> <b>ZUMBA®</b> W/BETTY	• <b>7:00PM •</b> <b>Tai CHI / QIGONG</b> W/MICHELE	• <b>7:00PM</b> <b>ZUMBA®</b> W/BETTY OR JOANNA		

**HOURS: Sun.- Closed Mon-Thurs. 8am - 8pm**

**Fri. 8am-5pm**

**Sat. 8am-4pm**

## CLASSES FOR ALL FITNESS LEVELS

- **BARRE:** Sculpt, tone & slim your entire body with this mix of Pilates, dance, yoga, and functional training moves, that focus on your core using the ballet barre.
- **CIRCUIT TRAINING:** Circuit Training is a class for all fitness levels and abilities. Resistance, cardio-metabolic, and core training engages all muscle groups, leaving you feeling energized!
- **LINE DANCING:** This class is for all those who enjoy dancing or have always wanted to learn some of the most popular line dances. The class is designed for both men & women, but you do not need to have a partner. Good exercise and lots of fun!
- **CARDIO SCULPT:** This great heart-pumping, fat burning, cardio workout is designed to reshape and tone your muscles. These total body conditioning, hardcore cardiovascular workouts are followed by a complete resistance training program.
- **YOGA:** Yoga involves postures or “asanas” that energize and tone the body. Yoga trains the mind to focus and be fully present through concentration and deep relaxation. This class is appropriate for all levels and offers a safe and contemporary approach to this classical discipline.
- **ZUMBA®:** Zumba is Columbian slang meaning “to move fast to music”. Motivating music makes this exercise class fun and easy to do! Zumba is an intense workout based around Latin dance steps, including Meringue, Salsa, Hip-Hop, Mambo & more.
- **TAI CHI / QIGONG:** In this class, emphasis will be on slow, deliberate, flowing movement, including breathwork, acupuncture points, meridians and self-massage. Once a person can flow without worrying about the technique, Qigong becomes Meditation in Movement.

## CLASSES DESIGNED FOR SENIOR LEVEL FITNESS

- **SENIOR CLASSIC:** Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.
- **SENIOR CARDIO CIRCUIT:** The Senior Cardio Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SENIOR ball. A chair is available for standing support.
- **SENIOR STRENGTH & STRETCH:** Move through a complete series of seated and standing exercises. Chair support is offered so you can perform a variety of movements designed to increase flexibility, balance, and muscle tone. This class is suitable for nearly every fitness level.
- **BOOM MUSCLE:** Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several “blocks,” which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.
- **BRAINS & BALANCE:** Is designed to help you become stronger while improving your balance to help prevent falls. Specific exercises are taught in class to improve muscle strength, power around the ankle, knee, and hip joints, while improving your reaction time. Every fitness level can adapt to the skills of this class.

➔ **Class type, instructors, times, & pricing are subject to change.**

*Doc. = current fitness classes*