



JULY GROUP EX SCHEDULE

- Classes will be held outdoors when possible, weather and temperature permitting.
- Most classes are also available virtually through Mindbody live streaming at no additional cost.
- Reserve your spot in Mindbody starting at midnight two days before your live or virtual class.
- Registration closes 30 minutes before class starts. Links for virtual classes will be sent at that time.
- Any additional spaces in in-person classes will be filled on a first-come-first-served basis.
- Youth class registration: call the welcome desk at 412-828-8566 starting two days before class.

MONDAY

CARDIO CRAZE
6:15 - 7:00 a.m.
gym/virtual
with Ashley

PUMP IT UP
8:15 - 9:00 a.m.
gym/virtual
with Theresa

SPIN
9:30 - 10:30 a.m.
community/virtual
with Theresa

ESSETRICS
11:00 a.m.-12:00 p.m.
community room
with Jill

SILVER SNEAKERS
12:15 - 1:00 p.m.
community/virtual
with Jess

ZUMBA
6:00 - 7:00 p.m.
gym/virtual
with Lin

SPIN
7:15 - 8:00 p.m.
community/virtual
with Amy

TUESDAY

SPIN
6:15 - 7:00 a.m.
community/virtual
with Ashley

TRX BODY POWER
8:45 - 9:30 a.m.
gym/virtual
with Cassie

ESCAPE
9:45 - 10:30 a.m.
gym/virtual
with Dante

YOGA
10:00 - 11:00 a.m.
community/virtual
with Theresa

ESSETRICS
11:00 a.m.-12:00 p.m.
community room
with Charlie

YOUTH GROUP EX
1:00 - 1:45 p.m.
gym
with Dante

VINYASA YOGA
7:00 - 8:00 p.m.
community/virtual
with Alyssa

WEDNESDAY

CARDIO CRAZE
6:15 - 7:00 a.m.
gym/virtual
with Ashley

SPIN
8:00 - 9:00 a.m.
community/virtual
with Theresa

ESSETRICS
9:30 - 10:30 a.m.
community room
with Carolyn

CIRCUIT TRAINING
9:30- 10:15 a.m.
gym/virtual
with Theresa

SILVER SNEAKERS
12:00 - 12:45 p.m.
community/virtual
with Theresa

BOOTCAMP
6:00 - 6:45 p.m.
gym/virtual
with Dante

SPIN
7:00 - 7:45 p.m.
community/virtual
with Debbie

THURSDAY

LO/HI CIRCUIT
7:00 - 7:45 a.m.
gym/virtual
with Cassie

ESSETRICS
8:15 - 9:15 a.m.
community room
with Carolyn

PUMP IT UP
8:45 - 9:30 a.m.
gym/virtual
with Theresa

SPIN
9:45 - 10:30 a.m.
community/virtual
with Theresa

BOOTCAMP
6:00 - 6:45 p.m.
gym/virtual
with Dante

VINYASA YOGA
7:00 - 8:00 p.m.
community/virtual
with Marla
*starts July 15

FRIDAY

SPIN
6:15 - 7:00 a.m.
community/virtual
with Ashley

TONE CENTRAL
9:30 - 10:15 a.m.
gym/virtual
with Sam

SPIN
9:30 - 10:30 a.m.
community/virtual
with Theresa

ESSETRICS
11:00 a.m.-12:00 p.m.
community room
with Jill

SILVER SNEAKERS
12:15 - 1:00 p.m.
community/virtual
with Jess

SATURDAY

SPIN
8:00 - 8:45 a.m.
community/virtual
with Cassie

KUNDALINI YOGA
8:30 - 10:00 a.m.
dance studio
with Moni

TABATA
9:00 - 9:45 a.m.
gym/virtual
with Theresa

MIXED FIT
10:00 - 11:00 a.m.
gym/virtual
with Erin

SUNDAY

SPIN
9:15 - 10:00 a.m.
community/virtual
with Jen

MAT PILATES
9:30 - 10:30 a.m.
virtual
with Brittany

POP-UP ESSETRICS CLASSES:

Tues. 7/6 at 8:30 a.m. with Carolyn
Tues. 7/13 at 8:30 a.m. with Jill
Tues. 7/20 at 8:30 a.m. with Jill
Tues. 7/27 at 8:30 a.m. with Jill
Sat. 7/31 at 9:15 a.m. with Charlie