



OCTOBER 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

MAT PILATES
8:00 - 9:00 a.m.
community room
with Susan
*starts 9/20

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

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

ESSENTRICS
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
7:00 - 7:45 p.m.
community room
with Amy

TUESDAY

SPIN
6:15 - 7:00 a.m.
community room
with Kristi

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

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

POWER YOGA
7:00 - 8:00 p.m.
community room
with Becca

WEDNESDAY

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

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

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

CIRCUIT TRAINING
9:30- 10:15 a.m.
gym
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

**YOUTH
POUND/ZUMBA**
6:00 - 6:45 p.m.
dance studio
with Lin

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

THURSDAY

TOTAL BODY
6:15 - 7:00 a.m.
gym/virtual
with Cassie

ESSENTRICS
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 room
with Theresa

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

VINYASA YOGA
7:00 - 8:00 p.m.
community room
with Natalie

FRIDAY

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

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

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

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

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

POP-UP ESSENTRICS

10/5 5:45-6:45pm with Jill
10/5 8:30-9:30am with Carolyn
10/9 9:15-10:15am with Jill
10/12 5:45-6:45pm with Jill
10/19 8:30-9:30am with Carolyn
10/26 8:30-9:30am with Carolyn
10/28 5:45-6:45pm with Jill
10/30 9:15-10:15am with Charlie

SATURDAY

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

KUNDALINI YOGA
9:00 - 10:30 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 room
with Jen

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