

APRIL GROUP EX SCHEDULE

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

SPINNING
9:30 - 10:30 a.m.
comm. room/virtual
with Theresa

SILVER SNEAKERS
12:00 - 12:45 p.m.
comm. room/virtual
with Jess

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

SPINNING
7:15 - 8:00 p.m.
comm. room/virtual
with Amy

TUESDAY

SPINNING
6:15 - 7:00 a.m.
comm. room/virtual
with Ashley

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

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

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

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

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

YOUTH GROUP EX
4:30 - 5:30 p.m.
gymnasium
with Geena

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

WEDNESDAY

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

SPINNING
8:15 - 9:15 a.m.
comm. room/virtual
with Theresa

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

CIRCUIT TRAINING
9:45 - 10:30 a.m.
gym/virtual
with Theresa

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

TRX BODY POWER
6:00 - 6:45 p.m.
gym/virtual
with Dante

SPINNING
7:15 - 8:00 p.m.
comm. room/virtual
with Amy

THURSDAY

LO/HI CIRCUIT
7:00 - 7:45 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

TRX BODY POWER
9:30 - 10:30 a.m.
gym/virtual
with Theresa

ADV./INT. PILATES
9:30 - 10:30 a.m.
virtual
with Lynn

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

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

FRIDAY

SPINNING
6:15 - 7:00 a.m.
comm. room/virtual
with Ashley

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

SPINNING
9:30 - 10:30 a.m.
comm. room/virtual
with Theresa

SILVER SNEAKERS
12:00 - 12:45 p.m.
comm. room/virtual
with Jess

SATURDAY

SPINNING
8:00 - 8:45 a.m.
comm. room/virtual
with Cassie

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

YOUTH SPINNING
9:00 - 9:45 a.m.
comm. room
with Cassie

KUNDALINI YOGA
9:15 - 10:45 a.m.
dance studio
with Moni

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

SUNDAY

SPINNING
9:15 - 10:00 a.m.
comm. room/virtual
with Jen

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

Pop-Up Essentrics Classes: Tues. 4/6 and Tues. 4/13 @ 8:30 a.m.