

Group Fitness Room Schedule JANUARY 2022 Phone (412)896-9661

| Sunday | Monday | Tuesday | Wed | Thursday | Friday | Saturday | |
|--------|---|---|---|--|--|--|---|
| 2 | 3 <u>CARDIO SCULPT</u> KIM @ 9:00AM **INSTRUCTORS CHOICE** KELLY @ 6:00PM 30 min ZUMBA & 30 min SCULPT CHRISTY @ 7:15PM | 4 <u>SILVER SNEAKERS CLASSIC</u> DAWN @ 10:00AM <u>PEDAL & PUMP</u> JACQUE @ 6:30PM | 5 <u>PEDAL & PUMP</u> KIM @ 9:00AM <u>ZUMBA</u> CHRISTY @ 6:30PM | 6 <u>SILVER SNEAKERS SS CARDIO</u> 10:00AM <u>SS YOGA</u> 11:15AM <u>CYCLE & INSTRUCTORS CHOICE</u> JACQUE @ 6:30PM | 7 <u>DRUMS ALIVE</u> DAWN @ 11:15AM | 8 <u>SPIN</u> KELLY @ 7:30AM | |
| 9 | 10 <u>CARDIO SCULPT</u> KIM @ 9:00AM ** INSTRUCTORS CHOICE** KELLY @ 6:00PM 30 min ZUMBA & 30 min SCULPT CHRISTY @ 7:15PM | 11 <u>SILVER SNEAKERS CLASSIC</u> DAWN @ 10:00AM <u>PEDAL & PUMP</u> JACQUE @ 6:30PM | 12 <u>PEDAL & PUMP</u> KIM @ 9:00AM <u>ZUMBA</u> CHRISTY @ 6:30PM | 13 <u>SILVER SNEAKERS SS CARDIO</u> 10:00AM <u>SS YOGA</u> 11:15AM <u>CYCLE & INSTRUCTORS CHOICE</u> JACQUE @ 6:30PM | 14 <u>DRUMS ALIVE</u> DAWN @ 11:15AM | 15 <u>SPIN</u> KELLY @ 7:30AM | |
| 16 | <u>HOURS</u> MON – THURS: 5:30AM - 9PM FRI: 5:30AM- 7PM SAT: 7AM – 4 PM SUN: 8AM - 12PM | 17 <u>CARDIO SCULPT</u> KIM @ 9:00AM ** INSTRUCTORS CHOICE** KELLY @ 6:00PM 30 min ZUMBA & 30 min SCULPT CHRISTY @ 7:15PM | 18 <u>SILVER SNEAKERS CLASSIC</u> DAWN @ 10:00AM <u>PEDAL & PUMP</u> JACQUE @ 6:30PM | 19 <u>PEDAL & PUMP</u> KIM @ 9:00AM <u>ZUMBA</u> CHRISTY @ 6:30PM | 20 <u>SILVER SNEAKERS SS CARDIO</u> 10:00AM <u>SS YOGA</u> 11:15AM <u>CYCLE & INSTRUCTORS CHOICE</u> JACQUE @ 6:30PM | 21 <u>DRUMS ALIVE</u> DAWN @ 11:15AM | 22 <u>SPIN</u> KELLY @ 7:30AM |
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