

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

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
1	2 <b>CARDIO SCULPT</b> KIM @ 9:00AM <b>INSTRUCTORS CHOICE</b> KELLY @ 6:00PM <b>30 min ZUMBA &amp; 30 min SCULPT</b> CHRISTY @ 7:15PM	3 <b>SILVER SNEAKERS CLASSIC</b> DAWN @ 10:00AM  <b>PEDAL &amp; PUMP</b> JACQUE @ 6:30PM	4 <b>PEDAL &amp; PUMP</b> KIM @ 9:00AM  <b>ZUMBA</b> CHRISTY @ 6:30PM	5 <b>SILVER SNEAKERS SS CARDIO</b> 10:00AM <b>SS YOGA</b> 11:15AM  <b>CYCLE &amp; INSTRUCTORS CHOICE</b> JACQUE @ 6:30PM	6 <b>DRUMS ALIVE</b> DAWN @ 11:15AM	7 <b>SPIN</b> KELLY @ 7:30AM
8	9 <b>CARDIO SCULPT</b> KIM @ 9:00AM <b>INSTRUCTORS CHOICE</b> KELLY @ 6:00PM <b>30 min ZUMBA &amp; 30 min SCULPT</b> CHRISTY @ 7:15PM	10 <b>SILVER SNEAKERS CLASSIC</b> DAWN @ 10:00AM  <b>PEDAL &amp; PUMP</b> JACQUE @ 6:30PM	11 <b>PEDAL &amp; PUMP</b> KIM @ 9:00AM  <b>ZUMBA</b> CHRISTY @ 6:30PM	12 <b>SILVER SNEAKERS SS CARDIO</b> 10:00AM <b>SS YOGA</b> 11:15AM  <b>CYCLE &amp; INSTRUCTORS CHOICE</b> JACQUE @ 6:30PM	13 <b>DRUMS ALIVE</b> DAWN @ 11:15AM	14 <b>SPIN</b> KELLY @ 7:30AM
15 <b>HOURS</b> MON – THURS: 5:30AM - 9PM FRI: 5:30AM- 7PM SAT: 7AM – 4 PM SUN: 8AM - 12PM	16 <b>CARDIO SCULPT</b> KIM @ 9:00AM <b>INSTRUCTORS CHOICE</b> KELLY @ 6:00PM <b>30 min ZUMBA &amp; 30 min SCULPT</b> CHRISTY @ 7:15PM	17 <b>SILVER SNEAKERS CLASSIC</b> DAWN @ 10:00AM  <b>PEDAL &amp; PUMP</b> JACQUE @ 6:30PM	18 <b>PEDAL &amp; PUMP</b> KIM @ 9:00AM  <b>ZUMBA</b> CHRISTY @ 6:30PM	19 <b>SILVER SNEAKERS SS CARDIO</b> 10:00AM <b>SS YOGA</b> 11:15AM  <b>CYCLE &amp; INSTRUCTORS CHOICE</b> JACQUE @ 6:30PM	20 <b>DRUMS ALIVE</b> DAWN @ 11:15AM	21 <b>SPIN</b> KELLY @ 7:30AM
22	23 <b>CARDIO SCULPT</b> KIM @ 9:00AM <b>INSTRUCTORS CHOICE</b> KELLY @ 6:00PM <b>30 min ZUMBA &amp; 30 min SCULPT</b> CHRISTY @ 7:15PM	24 <b>SILVER SNEAKERS CLASSIC</b> DAWN @ 10:00AM  <b>PEDAL &amp; PUMP</b> JACQUE @ 6:30PM	25 <b>PEDAL &amp; PUMP</b> KIM @ 9:00AM  <b>ZUMBA</b> CHRISTY @ 6:30PM	26 <b>SILVER SNEAKERS SS CARDIO</b> 10:00AM <b>SS YOGA</b> 11:15AM  <b>CYCLE &amp; INSTRUCTORS CHOICE</b> JACQUE @ 6:30PM	27 <b>DRUMS ALIVE</b> DAWN @ 11:15AM	28 <b>SPIN</b> KELLY @ 7:30AM
29	30 <b>HAPPY MEMORIAL DAY</b>  <b>Open 8am-12pm</b>	31 <b>PEDAL &amp; PUMP</b> JACQUE @ 6:30PM	1 <b>PEDAL &amp; PUMP</b> KIM @ 9:00AM  <b>ZUMBA</b> CHRISTY @ 6:30PM	2 <b>SILVER SNEAKERS SS CARDIO</b> 10:00AM <b>SS YOGA</b> 11:15AM  <b>CYCLE &amp; INSTRUCTORS CHOICE</b> JACQUE @ 6:30PM	3 <b>DRUMS ALIVE</b> DAWN @ 11:15AM	4 <b>JASMINE'S CAMP INDOOR CYCLE-A-THON FUNDRAISER</b>