

Group Fitness Room Schedule SEPTEMBER 2021 Phone (412)896-9661

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
29	30 <u>CARDIO SCULPT</u> KIM @ 9:00AM <u>SPIN</u> KELLY @ 6:15PM 30 min ZUMBA & 30 min SCULPT CHRISTY @ 7:15PM	31 <u>SILVER SNEAKERS</u> <u>CLASSIC</u> DAWN @ 10:00AM <u>PEDAL & PUMP</u> JACQUE @ 6:30PM	1 <u>PEDAL & PUMP</u> KIM @ 9:00AM <u>ZUMBA</u> CHRISTY @ 6:30PM	2 <u>SILVER SNEAKERS</u> <u>CARDIO</u> 10:00AM <u>YOGA</u> 11:15AM <u>CYCLE &</u> <u>INSTRUCTORS</u> <u>CHOICE</u> JACQUE @ 6:30PM	3 <u>DRUMS ALIVE</u> DAWN @ 11:15AM	4 <u>SPIN</u> KELLY @ 7:30AM
5	6 LABOR DAY OPEN 8AM-12PM CARDIO SCULPT 8:00AM-9:00AM ZUMBA 9:30AM-10:30AM	7 <u>SILVER SNEAKERS</u> <u>CLASSIC</u> DAWN @ 10:00AM <u>PEDAL & PUMP</u> JACQUE @ 6:30PM	8 <u>PEDAL & PUMP</u> KIM @ 9:00AM	9 <u>SILVER SNEAKERS</u> <u>CARDIO</u> 10:00AM <u>YOGA</u> 11:15AM <u>CYCLE &</u> <u>INSTRUCTORS</u> <u>CHOICE</u> JACQUE @ 6:30PM	10 <u>DRUMS ALIVE</u> DAWN @ 11:15AM	11 <u>SPIN</u> KELLY @ 7:30AM
12 HOUR MON – THURS: 5:30AM - 9PM FRI: 5:30AM- 7PM SAT: 7AM – 4 PM SUN: 8AM - 12PM	13 <u>CARDIO SCULPT</u> KIM @ 9:00AM <u>SPIN</u> KELLY @ 6:15PM 30 min ZUMBA & 30 min SCULPT CHRISTY @ 7:15PM	14 <u>SILVER SNEAKERS</u> <u>CLASSIC</u> DAWN @ 10:00AM <u>PEDAL & PUMP</u> JACQUE @ 6:30PM	15 <u>PEDAL & PUMP</u> KIM @ 9:00AM <u>ZUMBA</u> HEATHER @ 6:30PM	16 <u>SILVER SNEAKERS</u> <u>CARDIO</u> 10:00AM <u>YOGA</u> 11:15AM <u>CYCLE &</u> <u>INSTRUCTORS</u> <u>CHOICE</u> JACQUE @ 6:30PM	17 <u>DRUMS ALIVE</u> DAWN @ 11:15AM	18 <u>SPIN</u> KELLY @ 7:30AM
19	20 <u>CARDIO SCULPT</u> KIM @ 9:00AM <u>SPIN</u> KELLY @ 6:15PM	21 <u>SILVER SNEAKERS</u> <u>CLASSIC</u> DAWN @ 10:00AM <u>PEDAL & PUMP</u> JACQUE @ 6:30PM	22 <u>PEDAL & PUMP</u> KIM @ 9:00AM <u>ZUMBA</u> CHRISTY @ 6:30PM	23 <u>SILVER SNEAKERS</u> <u>CARDIO</u> 10:00AM <u>YOGA</u> 11:15AM <u>CYCLE &</u> <u>INSTRUCTORS</u> <u>CHOICE</u> JACQUE @ 6:30PM	24 <u>DRUMS ALIVE</u> DAWN @ 11:15AM	25 <u>SPIN</u> KELLY @ 7:30AM
26	27 <u>CARDIO SCULPT</u> KIM @ 9:00AM <u>SPIN</u> KELLY @ 6:15PM	28 <u>SILVER SNEAKERS</u> <u>CLASSIC</u> DAWN @ 10:00 30 min ZUMBA & 30 min SCULPT CHRISTY @ 5:30PM <u>PEDAL & PUMP</u> JACQUE @ 6:30PM	29 <u>PEDAL & PUMP</u> KIM @ 9:00AM <u>ZUMBA</u> HEATHER @ 6:30PM	30 <u>SILVER SNEAKERS</u> <u>CARDIO</u> 10:00AM <u>YOGA</u> 11:15AM <u>CYCLE &</u> <u>INSTRUCTORS</u> <u>CHOICE</u> JACQUE @ 6:30PM	1 <u>DRUMS ALIVE</u> DAWN @ 11:15AM	2 <u>SPIN</u> KELLY @ 7:30AM