

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

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