



LAURI ANN WEST COMMUNITY CENTER

DECEMBER GROUP EXERCISE SCHEDULE

You have up to 48 hours in advance to book your classes. Additional spaces will be filled on a first-come-first-served basis.

Call 412-828-8566 or download the MINDBODY app to reserve your spots!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CARDIO CRAZE 6:15-7:00 AM with Caylene McKinney</p>	<p>SPINNING 6:15-7:00 AM with Jessics Simms</p>	<p>CARDIO CRAZE 6:15-7:00 AM with Caylene McKinney</p>	<p>ESCAPE CIRCUIT TRAINING 6:15-7:00 AM with Greg Lewis</p>	<p>SPINNING 6:15-7:00 AM with Jessica Simms</p>	<p>CYCLING 8:00-9:00 AM with Debbie Sutara</p>
<p>ESSETRICS 8:15-9:15 AM with Jill Mucci</p>	<p>KETTLE BELL 8:15-9:00 AM with Greg Lewis</p>	<p>SPINNING 8:15-9:15 AM with Theresa Wright</p>	<p>SPINNING 8:00-8:45 AM with Theresa Wright</p>	<p>ESSETRICS 8:15-9:15 AM with Jill Mucci</p>	<p>TABATA BOOTCAMP 8:00-8:45 AM with Theresa Wright</p>
<p>PILATES ON THE BALL 9:30-10:30 AM with Lynn Murray Coleman</p>	<p>ESCAPE YOUR LIMITS 9:30-10:00 AM with Dante Yabbi</p>	<p>CIRCUIT TRAINING 9:30-10:30AM with Theresa Wright (Meets in the Gymnasium)</p>	<p>TRX BODY POWER 9:00-9:30 AM with Theresa Wright</p>	<p>ADVANCED/INTERMEDIATE TRX BODY POWER 9:35-10:20 AM with Theresa Wright</p>	<p>ESSETRICS 8:15-9:15 AM with Jill Mucci</p>
<p>SPINNING 9:30-10:30 AM with Debbie Sutara</p>	<p>SPINNING 9:30-10:30 AM with Debbie Sutara</p>	<p>CYCLING 9:30-10:30 AM with Jill Mucci</p>	<p>ADVANCED/INTERMEDIATE PILATES 9:30-10:30 AM with Lynn Murray Coleman</p>	<p>ESSETRICS 9:30-10:30 AM with Jill Mucci</p>	<p>ESSETRICS 8:15-9:15 AM with Jill Mucci</p>
<p>WEEKEND BURN OFF BOOTCAMP 9:30-10:30 AM with Sam McClelland</p>	<p>YOGA 12:00-1:00 PM with Theresa Wright</p>	<p>ESSETRICS 10:45-11:45 AM with Jill Mucci</p>	<p>BEGINNER PILATES 11:00-12:00 PM with Lynn Murray Coleman</p>	<p>YOGA 9:45-11:15 AM with Phyllis Berkovitz (Community Room)</p>	<p>PRIMER KUNDALINI YOGA 8:30-9:00 AM with Moni Wesner</p>
<p>POUND 6:15-6:45 PM with Lin Monardo</p>	<p>ESSETRICS 6:00-7:00 PM with Jill Mucci</p>	<p>KETTLE BELL 6:15-6:45 PM with Dante Yobbi</p>	<p>ZUMBA 6:00-7:00 PM with Lin Monardo</p>	<p>ESSETRICS FOREVER PAINLESS 10:45-11:45 AM with Jill Mucci</p>	<p>KUNDALINI YOGA 9:15-10:45 AM with Moni Wesner</p>
<p>STRENGTH & RESISTANCE 7:00-8:00 PM with Joe Price-Gault</p>	<p>VINYASA "FLOW" YOGA 7:10-8:10 PM with Alyssa Kuzins</p>	<p>SPINNING 7:00-7:45 PM with Debbie Sutara</p>	<p>SUSPENSION TRAINING 6:15-6:45 PM with Dante Yobbi (Meets at TRX straps)</p>	<p>ZUMBA 6:00-7:00 PM with Anna Ojanen</p>	<p>ZUMBA 11:00 AM- 12:00 PM with Anna Ojanen</p>

ADVANCED/INTERMEDIATE PILATES- Learn the flowing exercise sequence of Pilates mat-work, which emphasizes total body conditioning, the stretching of your body's core abdominal and well-being.

BEGINNER PILATES- This is the beginning level class in Pilates mat-work for those new to the method or wishing to review the basic introductory principals of the Pilates method of body conditioning. The concepts of alignment, breath and control will be learned, as will all of the beginning mat exercises. No prior knowledge of Pilates is required.

CARDIO CRAZE- This is a full-body workout meant to get your heart pumping by supplementing strength training with short bursts of intense cardio. It is a great way to start your day and is meant for all fitness levels with modifications or progressions provided for everyone.

CIRCUIT TRAINING- Circuit style group exercise classes incorporate cardio and strength exercises to work every muscle group. Whether you are conditioning on a bosu or stability ball, using resistance bands or squatting, your body will burn calories and your fitness will improve. All fitness levels are welcome!

CYCLING/SPINNING- Lose your worries and gain endorphins in this exhilarating cycling class. After a brief warm-up to learn proper riding technique, we turn down the lights, turn up the volume and begin a journey of pushing your limits while climbing hills, sprinting to your personal goals, and coasting toward an elevated state of mind and body. Challenge your cardiovascular system by using the cadence sensor to track your progress, or simply ride at your own pace in an enlivening atmosphere.

ESSENTRICS- A dynamic, full-body workout suitable for ALL fitness levels and ages, that simultaneously combines stretching and strengthening. This class will increase flexibility and mobility for a healthy, toned and pain-free body.

ESSENTICS FOREVER PAINLESS- This is an age-reversing workout that will restore movement in joints, add flexibility in muscles, relieve pain and increase vibrancy. A slower-paced workout than the traditional Essentrics class, attendees should wear comfortable clothing, bring a mat, a towel (for possible support), and a bottle of water.

ESCAPE CIRCUIT TRAINING- This circuit-style class incorporates cardio and strength, while utilizing the escape piece in the fitness center.

ESCAPE YOUR LIMITS- This 30 minute circuit/tabata style workout uses the Escape piece on the fitness floor. It includes a wide range of exercises, from lower body, upper body and core, with a mix of strength and conditioning. Most classes will include 10 stations. Most movements and exercises will be for intermediate and advanced populations.

KUNDALINI YOGA PRIMER- This is recommended to attend prior to taking a Kundalini Yoga class, as it introduces the basics and explains the background of the Kundalini Yoga practices.

KUNDALINI YOGA- This is an ancient technology and science which makes perfect sense in the 21st Century. It is the Yoga awareness and well-being. It strengthens and balances our nervous and glandular energies, reduces stress, & increases our mind-body fitness. Kundalini Yoga is for everyone. It is fun for the beginner and for the experienced yogi. Most of all, it is an exhilarating exercise uniting body, mind and soul.

KETTLE BELL- A mix of cardiovascular and strength training with the use of kettle bells- suitable for all ages and fitness levels.

PILATES ON THE BALL- (Previous Pilates experience recommended) Build on your knowledge of Pilates exercises in new and fun ways. Challenge your stability and core muscles, increase your strength with large exercise balls, and relax with stretching and breathing.

POUND- This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using lightly weighted drumsticks designed specifically for exercising, POUND transforms drumming into an incredibly effective and fun way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, and toning up! The workout is easily modifiable and appeals to all ages and abilities.

STRENGTH & RESISTANCE- A one hour high intensity strength training class designed to work your entire body. Half of the class will teach strength training using kettlebells while the other half of the class will rely on the use of resistance bands and body weight to give you a workout that will strengthen your entire body. This class is perfect for anyone, whether you're new to strength training or looking for the ideal supplement to your existing routine.

SUSPENSION TRAINING- A combination of the TRX movements as well as a focus on core strength movements.

TABATA BOOT CAMP- Get ready for a fun, upbeat workout that uses a combination of bodyweight exercises and the escape piece to work strength, core, and cardio. This Tabata style will use high intensity intervals to maximize your burn and boost your metabolism.

STONE CENTRAL- This intense 30 minute class will take place in the Fitness Center and will feature a variety of circuit stations using the cardio equipment, dumbbells, and other modalities in an effort to achieve a toned, athletic physique.

TRX BODY POWER- Ready to challenge your body with this 30 minute suspension training workout? TRX uses your body weight and gravity to improve on strength, cardio, flexibility and balance, while engaging all of your muscles. The exercises will be provided and you will decide your own intensity. All fitness levels are welcome.

VINYASA "FLOW" YOGA- This class is geared for practiced yogis and beginners alike, with modifications as needed. The Ujjayi breath is used to connect breath to movement at a moderate pace, with some holding, in which students will build mindfulness, strength and skill in alignment and breath work.

WEEKEND BURN-OFF BOOT CAMP- This class is designed to get your beach body ready. An intense 1 hour class that will mix running intervals with 12 different weight training stations, each one targeting a different muscle group. This class was not designed for beginners but for those individuals that love a challenge and are ready for the next step.

YOGA- Achieve the body, breath and mind union of yoga. Learn postures and stretches from various styles of yoga, breathing techniques, visualization, relaxation and the start of meditation.

ZUMBA- Dance to great music and burn a ton of calories without even realizing it. Zumba is an international Latin inspired dance party that's moving millions around the world. Grab a friend and join this class for the perfect combination of fun and fitness!