

- Members ages 13 and up are permitted to participate in classes.
- Reserve your spot in Mindbody starting at 6 am two days before your live or virtual class.
- Registration closes 30 minutes before class starts. Links for virtual classes will be sent at that time.
- Please arrive before class starts to ensure your spot. If you are not signed in by the time the class or session begins, members on the waitlist and in the building can fill your slot.
- If you receive notification that you have been added to the class or session from a waitlist and cannot attend, please cancel your reservation in a timely manner. You can do this through the MindBody app or by calling the welcome desk at (412) 828-8566.
- Cell phone use is not permitted in classes. Please avoid disrupting the instructor and other students by carrying on personal conversations during group exercise classes.

## MONDAY

**TOTAL BODY**  
6:00 - 6:45 a.m.  
gym/virtual  
with Kristi

**MAT PILATES**  
8:00 - 9:00 a.m.  
community room/virtual  
with Susan

**PUMP IT UP**  
8:15 - 9:00 a.m.  
gym/virtual  
with Theresa

**SPIN**  
9:30 - 10:15 a.m.  
community room  
with Theresa

**ESSENTRICS**  
11:00 a.m. - 12:00 p.m.  
community room  
with Jill

**SILVER SNEAKERS**  
12:30 - 1:15 p.m.  
community room/virtual  
with Jess

**EXPRESS SPIN**  
5:30 - 6:00 p.m.  
community room  
with Amy

**ZUMBA**  
6:00 - 7:00 p.m.  
gym  
with Lin

**ARMS, ABS & GLUTES**  
6:15 - 7:00 p.m.  
community room/virtual  
with Amy

## TUESDAY

**SPIN & SCULPT**  
6:00 - 6:45 a.m.  
community room  
with Kristi

**EXPRESS SPIN**  
8:00 - 8:30 a.m.  
community room  
with Kelli

**ESSENTRICS**  
8:45 - 9:45 a.m.  
community room  
with Carolyn

**TONE & SCULPT**  
8:45 - 9:30 a.m.  
dance studio/virtual  
with Jody

**TRX BODY POWER**  
9:00 - 9:45 a.m.  
gym/virtual  
with Cassie

**RELAX & RESTORE YOGA**  
10:00 - 10:45 a.m.  
community room/virtual  
with Theresa

**ESSENTRICS + MOVEMENT/ STRENGTH**  
11:00 a.m. - 12:15 p.m.  
community room  
with Jill

**SILVER SNEAKERS**  
12:30 - 1:15 p.m.  
community room/virtual  
with Jen

**EXPRESS SPIN**  
5:30 - 6:00 p.m.  
community room  
with Amy

**MAT PILATES**  
6:00 - 7:00 p.m.  
dance studio  
with Allison

**TOTAL BODY STRENGTH**  
6:15 - 7:00 p.m.  
community room  
with Amy

## WEDNESDAY

**CARDIO STRENGTH**  
6:00 - 6:45 a.m.  
gym/virtual  
with Cassie

**SPIN**  
8:15 - 9:00 a.m.  
community room  
with Theresa or Cassie

**MAT PILATES**  
8:15 - 9:15 a.m.  
dance studio/virtual  
with Allison

**ESSENTRICS**  
9:30 - 10:30 a.m.  
community room  
with Carolyn

**CIRCUIT TRAINING**  
9:15 - 10:15 a.m.  
gym  
with Theresa or Cassie

**BEGINNER YOGA FOR EVERYBODY**  
9:30 - 10:15 a.m.  
dance studio/virtual  
with Becca

**TONE & SCULPT**  
5:30 - 6:15 p.m.  
community room/virtual  
with rotating instructors

**SPIN & STRETCH**  
6:30 - 7:15 p.m.  
community room  
with Tabitha

## THURSDAY

**SPIN & SCULPT**  
6:00 - 6:45 a.m.  
community room  
with Jen

**ESSENTRICS**  
8:30 - 9:30 a.m.  
community room  
with Carolyn

**ARMS, ABS, GLUTES**  
8:45 - 9:30 a.m.  
dance studio/virtual  
with Jen

**TRX STRENGTH COMBO**  
9:00 - 9:45 a.m.  
gym/virtual  
with Theresa

**PILATES**  
9:45 - 10:30 a.m.  
dance studio/virtual  
with Brittany

**SPIN**  
9:45 - 10:30 a.m.  
community room  
with Jen

**ESSENTRICS**  
11:00 a.m. - 12:00 p.m.  
community room  
with Allison

**RELAX AND RESTORE YOGA**  
11:15 a.m. - 12:00 p.m.  
dance studio/virtual  
with Cassie

**SILVER SNEAKERS**  
12:30 - 1:15 p.m.  
community room/virtual  
with Donna

**POP UP INTERVAL TRAINING/RUN & SCULPT**  
5:30 - 6:15 p.m.  
track  
with rotating instructors

**ZUMBA**  
6:00 - 7:00 p.m.  
gym or community room  
with Lin

**RELAX AND RESTORE YOGA**  
6:30 - 7:15 p.m.  
dance studio  
with Tabitha

## FRIDAY

**SPIN & SCULPT**  
6:00 - 6:45 a.m.  
community room  
with Kristi

**VINYASA FLOW YOGA**  
8:00 - 9:00 a.m.  
dance studio/virtual  
with Becca

**EXPRESS SPIN**  
8:45 - 9:15 a.m.  
community room  
with Jody

**TONE & SCULPT**  
9:30 - 10:15 a.m.  
gym/virtual  
with Cassie

**SPIN & SCULPT**  
9:30 - 10:30 a.m.  
community room  
with Theresa

**ESSENTRICS**  
11:00 a.m. - 12:00 p.m.  
community room  
with Jill

**SILVER SNEAKERS**  
12:30 - 1:15 p.m.  
community room/virtual  
with Jody

## SATURDAY

**SPIN**  
8:00 - 8:45 a.m.  
community room  
with Cassie

**MIXXED FIT**  
8:30 - 9:30 a.m.  
dance studio  
with Erin

**TABATA**  
9:00 - 10:00 a.m.  
gym  
with Theresa

**ESSENTRICS**  
9:15 - 10:15 a.m.  
community room  
with Jill or Allison

**KUNDALINI YOGA**  
9:45 - 11:15 a.m.  
dance studio  
with Moni

## SUNDAY

**SPIN**  
9:15 - 10:00 a.m.  
community room  
with Jen

**MAT PILATES**  
9:15 - 10:00 a.m.  
dance studio/virtual  
with Allison

**ARMS, ABS & GLUTES**  
10:15 - 11:00 a.m.  
community room/virtual  
with Jen

**POP UP TONE & SCULPT**  
10:15 - 11:00 a.m.  
dance studio  
with rotating instructors

**POP UP YOGA FOR THE REGULAR PERSON**  
11:15 a.m. - 12:00 p.m.  
dance studio  
with Zach

**ARMS, ABS & GLUTES** - This "no-cardio", 45 min class will focus on strengthening and toning your arms and abs. Class will vary each week using body weight exercises, dumbbells, bands and other equipment. All levels are welcome.

**BEGINNER YOGA FOR EVERYBODY** - Whether you are starting to practice yoga for the first time or you are getting back into it after a hiatus, this class will focus on learning basic yoga poses and their benefits, as well as using your breath to maintain a calm, focused mind. Even if you have yoga experience, this "slow flow" will be an excellent way to help restore flexibility and reset for your next workout.

**CARDIO KICKBOXING** - Cardio Kickboxing is 12 rounds of a fun, high energy workout. The class is music driven and kickboxing inspired, with the last 2 rounds dedicated to core work.

**CARDIO STRENGTH** - This is a full-body workout meant to get your heart pumping, while also still focusing on building strength and endurance. It is a timer based class using intervals, but every week is different, so no timer is the same. It is meant for all fitness levels with modifications or progressions provided for everyone.

**CIRCUIT TRAINING** - A circuit style group exercise class that incorporates cardio and strength exercises to work every muscle group. Members work in small groups through each station using a wide variety of equipment to keep the class fun and challenging. All fitness levels are welcome!

**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.

**ESSENTRICS + FUNCTIONAL MOVEMENT & STRENGTH** - Start with Essentrics & end with functional exercises inspired by rehabilitation modalities. 2nd half will utilize props such as light weights, resistance bands, foam rollers (bring your own), etc., to enhance your balance, strength, stabilization, mobilization & balance.

**INTERVAL TRAINING** - Get your cardio on! This upbeat interval class will combine running intervals on the track with core and upper body strength exercises using bodyweight and equipment to maximize results. The instructor will use a timer to set up the intervals and participants will rotate through stations with a small group. All levels are welcome.

**KUNDALINI YOGA** - This class is based on the teachings of the 5000-year-old Kundalini Yoga found in the writings in the Upanishads of ancient India, and on instructor Moni's own unique life experiences. The infinite, cosmic Kundalini energy is asleep at the base of the spine in all human beings. With Pranayama (breathing), mudras, asanas, meditation and mantra this energy gently awakens and rises for a sense of physical well-being, balance in body and mind, and a true connection to one's soul.

**MAT PILATES** - Engage your mind while intentionally becoming aware of your breathing, concentration and posture. Use the classical Pilates method to activate your core through mixed level exercises. Create elongated muscles, body alignment and increased relaxation.

**MIXXEDFIT** - A hip-hop based dance cardio fitness program that combines dance movements with bodyweight toning. Get your sweat on dancing to today's hit songs and yesterday's favorites!

**POWER TONE** - Start your day with this total body workout. Sets of strengthening and toning exercises mixed with bursts of cardio will give you an effective workout to help you tone muscles, boost metabolism, and continue to burn calories all day long! Never do the same class twice: format changes every week. Appropriate for all fitness levels as all exercises can be modified or amplified!

**PUMP IT UP STRENGTH** - This full body strength-based class will focus on building, sculpting and defining your muscles. We will use a variety of equipment on the gym floor including resistance bands and dumbbells and gliders. All levels are welcome.

**RELAX AND RESTORE YOGA** - This yoga class is designed to help us relax and restore our mind and body. Traditional yoga poses and breathing are used to help us increase flexibility, release tension, work on mobility and range of motion and bring us to a more relaxed state by the end of class. All levels are welcome. Please bring your own mat.

**SILVER SNEAKERS** - Provides a well rounded workout for older adults by incorporating exercises to improve strength and flexibility as well as skills for fall prevention and functional movement patterns. The instructor will guide you through a series of exercises in and out of the chair. All levels welcome.

**SPINNING** - Lose your worries and gain endorphins in this exhilarating cycling class. We turn down the lights and turn up the volume on a journey that will push your limits through 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.

**SPIN & SCULPT** - Rise and shine with a unique mix of cycling and strength exercises on the floor that will give you a full body interval workout to start your day off right. Increases endurance while toning muscles.

**TABATA BOOT CAMP** - Get ready for a fun, upbeat workout that is similar to our famous Circuit Training class - but with more of a HIIT twist. Still timer-based, but more of a Tabata feel.

**TONE & SCULPT** - This class uses dumbbells, mini bands, or even just bodyweight to gain an overall toned physique. With a heavy focus on deep core strength and stability, be prepared to work your hips, hip flexors, back and core.

**TOTAL BODY STRENGTH** - 45 minutes of block work focusing on a variety of strength and balance exercises. Each week there will be a different focus on muscle groups using bands, dumbbells, and bodyweight. Perfect for all fitness levels with modifications.

**TRX BODY POWER** - Ready to challenge your body with suspension training? TRX uses your body weight and gravity to improve on strength, cardio, flexibility and balance, while engaging all of your muscles. Dumbbells, kettle bells, mini bands, and more help round out this full body exercise class. All fitness levels are welcome.

**TRX STRENGTH COMBO** - This full body strength class takes all the things you love about The Pump it up strength class and adds TRX into the mix. TRX uses body weight and gravity to help us improve our strength, cardio, flexibility and balance. Longer timer intervals are used so you can work on proper form, work at your own pace and maximize your results. All 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.

**YOGA FOR THE REGULAR PERSON** - Have you regularly ever thought to yourself, "I think I would like to try a yoga class to help with my regular stiff joints and muscles, but I'm too afraid because those other classes look too intimidating,"? Well good news we now have a regular class for you! By combining regular yoga moves, with a little bit of strength training and cardio, you'll leave this class feeling more like your regular old self than ever before!

**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!

**POP-UP CLASSES** - Well loved classes that sometimes "pop up" each month based on instructor availability. These classes are not a part of the regular schedule, so keep an eye out for them!

**EXPRESS** - Beloved classes in a 30 minute format!