

- 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

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

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

PUMP IT UP
8:30 - 9:15 a.m
gym/virtual
with Theresa

MIXXED FIT
9:15 - 10:15 a.m
dance studio
with Erin

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

ESSENRICS
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

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

TONE & SCULPT
6:00 - 6:45 a.m
gym
with Amy

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

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

TONE & SCULPT
8:45 - 9:30 a.m
dance studio
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

ESSENRICS + MOVEMENT/STRENGTH
12/2; 12/23; 12/30
11:00 a.m - 12:00 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

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

MAT PILATES
6:30 - 7:30 p.m
dance studio
with Allison

WEDNESDAY

CARDIO STRENGTH
6:00 - 6:45 a.m
gym
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

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

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

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

POP-UP ERASE PAIN & INCREASE MOBILITY
1/7
10:30 - 11:30 a.m
dance studio
with Jill

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

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

POP-UP ESSENRICS
6:30 - 7:30 p.m
dance studio
with Allison

THURSDAY

TONE & SCULPT
6:00 - 6:45 a.m
gym
with Jen or Kristi

ESSENRICS
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 or Jody

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

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

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

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

INTERVAL TRAINING/RUN & SCULPT
5:30 - 6:15 p.m
on the track with Amy

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 Jen

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

POP-UP ERASE PAIN & INCREASE MOBILITY
1/9
9:30 - 10:30 a.m
dance studio
with Jill

ESSENRICS
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

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

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

PILATES
10:30 - 11:30 a.m
community room
with Allison

!NEW! DANCE FITNESS
12:00 - 1:00 p.m
dance studio
with Priscila

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

TONE & SCULPT
10:15 - 11:00 a.m
dance studio
with Tabitha

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