

- 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

**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

**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

Some classes are also available virtually through  
Mindbody live streaming at no additional cost.  
Check MindBody to see the listing of virtual classes.

## TUESDAY

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

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

**ESSENTRICS**  
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

**ESSENTRICS +  
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

**ESSENTRICS**  
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 ESSENTRICS**  
6:30 - 7:30 p.m.  
dance studio  
with Allison

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

## THURSDAY

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

**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 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

**ESSENTRICS**  
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

**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

**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

## 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

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

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

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

**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

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

## SUNDAY

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

**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