

- 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/virtual  
with Carolyn or Jill

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

**POP-UP SILVER SNEAKERS**  
5/4; 5/11; 5/18; 6/1; 6/8  
1:30 - 2:15 p.m  
community room  
with Jody

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

**POP-UP MIXXED FIT**  
6:00 - 7:00 p.m  
gym  
with Erin

**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

**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**  
5/19; 5/26  
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  
Nice

**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/virtual  
with Carolyn

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

**POP-UP ERASE PAIN & INCREASE MOBILITY**  
5/20; 5/27; 6/3; 6/10  
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

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

## 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**  
5/7; 5/14  
11:00 a.m - 12:00 p.m  
community room  
with Allison

**ESSENTRICS + MOVEMENT/ STRENGTH**  
5/21; 5/28  
11:00 a.m - 12:00 p.m  
community room  
with Jill

**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

**POP-UP DANCE FITNESS**  
6:00 - 7:00 p.m  
gym or community room  
with Priscila

**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**  
5/15; 5/22; 5/29; 6/5; 6/12  
9:30 - 10:30 a.m  
dance studio  
with Jill

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

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

**POP-UP OLD SCHOOL DANCE AEROBICS**  
THURSDAY 5/28  
6:00 - 7:00 p.m  
community room  
with our team!

Returning in the fall!!

## 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/virtual  
with Allison or Jill

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

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

## 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

**YOGA FOR THE REGULAR PERSON THRU 6/7**  
11:15 a.m. - 12:00 p.m  
community room/virtual  
with Zach

**POP-UP YOGA SCULPT 6/14**  
11:15 a.m. - 12:00 p.m  
community room/virtual  
with Tabitha

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**\*NEW TIMES AND PATIO CLASSES ARE HIGHLIGHTED IN RED\***

## 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**  
9:30 - 10:15 a.m  
gym  
with Erin

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

**ESSENTRICS**  
11:00 a.m. - 12:00 p.m  
community room/virtual  
with Allison or Jill

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

**POP-UP SILVER SNEAKERS**  
1:30 - 2:15 p.m  
community room  
with Jody

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

**POP-UP MIXXED FIT**  
6:00 - 7:00 p.m  
gym  
with Erin

**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

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

**TONE & SCULPT**  
8:45 - 9:30 a.m  
patio  
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 - 12:00 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

**MAT PILATES**  
5:30 - 6:30 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  
with Cassie

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

**MAT PILATES**  
8:15 - 9:15 a.m  
patio/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/virtual  
with Carolyn

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

**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

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## 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  
patio/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  
patio/virtual  
with Brittany

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

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

**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

**POP-UP ESSENTRICS**  
5:30 - 6:15 p.m  
dance studio  
with Allison

**POP-UP DANCE FITNESS**  
6:00 - 7:00 p.m  
gym or community room  
with Priscila

**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  
patio/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 Allison or 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/virtual  
with Allison or Jill

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

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

## 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