LAURI ANN WEST COMMUNITY CENTER

GROUP EX SCHEDULE 11/01/2026-11/30/2026

- 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. Virtual registration on laptop or call the front desk. Link sent via email 30 minutes prior.
- 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
9:30 - 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 (Jill 11/23)

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

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

ESSENTRICS
8:30a.m - 9:30 a.m
dance studio
with Carolyn

TONE & SCULPT
8:45 - 9:30 a.m
community room/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

POP-UP ERASE PAIN & INCREASE MOBILITY 11/24
9:45-10:45 a.m
Dance Studio
with Jill Mucci

POP-UP BEGINNER STRENGTH & FUNCTIONAL MOVEMENT
11:00-11:45 a.m.
community room
with Cassie Nice

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

POP-UP MIXXED FIT
7:00 - 8:00 a.m
dance studio
with Erin

POP-UP 20 SPIN/ 15 SCULPT/10 STRETCH
8:15-9:00a.m.
community room
with 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

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

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

POP-UP ERASE PAIN & INCREASE MOBILITY 11/25
10:30-11:30a.m.
Dance Studio
with Jill Mucci

POP-UP ESSENTRICS+ STRENGTH 11/25
11:45a.m.-12:45p.m.p.m
Dance Studio
with Jill Mucci

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

POP-UP ESSENTRICS
6:30 - 7:15 p.m.
dance studio
with Allison

SPIN & STRETCH 6:30 - 7:15 P.M
community room
with Tabitha

THURSDAY

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

ESSENTRICS
8:30 - 9:30 a.m
dance studio
with Carolyn

ARMS, ABS , GLUTES
8:45 - 9:30 a.m
community room/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 ESSENTRICS+ STRENGTH 11/27
10:45-11:45 a.m
Dance Studio
with Jill Mucci

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

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

MAT 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

VINYASA YOGA FLOW
11:15 a.m. - 12:00 p.m
community room
with Tabitha

ARMS, ABS & GLUTES - This "no-cardio", 45-minute 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 STRENGTH & FUNCTIONAL MOVEMENT-Build strength, confidence and better movement. This beginner-friendly class combines foundational strength exercises with functional movement patterns designed to help you work on balance, stability, mobility and full-body strength. This class is a great starting point whether you are new to strength training, getting into exercise or simply looking to build a stronger foundation.
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 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!
ERASE PAIN AND INCREASE MOBILITY - Discover body blind spots: identify and relieve areas of neglect to resolve chronic pain or movement restrictions. We'll use pinky balls and soft density foam rollers to help find and release myofascial tension, otherwise known as "blind spots"!
The goal is for you to leave feeling better, lighter, and more mobile than when you arrived! You may even erase pain with easy self-massage techniques! You must be able to get yourself up and down from the floor to participate in this class.
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, and mobilization.
INTERVAL RUN & SCULPT - 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 of 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!
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, 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 strength, cardio, flexibility, and balance, while engaging all of your muscles. Dumbbells, kettlebells, 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.
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!
20 SPIN/ 15 SCULPT/ 10 STRETCH- Get a complete workout in 45 minutes! This energizing class combines 20 minutes of cycling, 15 minutes of sculpt using a variety of equipment and 10 minutes of gentle Yoga movements to increase flexibility and reduce post workout soreness.
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!