LAURI ANN WEST COMMUNITY CENTER

THANKSGIVING WEEKEND GROUP EX SCHEDULE 11/26/2026-11/29/2026

- 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.

WEDNESDAY

OPEN
5:45 AM - 8:30 PM

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

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

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

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

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

THURSDAY

OPEN
7:00AM - 11:00 AM

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

MIXXED FIT
8:00 - 9:00 a.m
dance studio
with Erin

"GET BUFF BEFORE YOU STUFF" TABATA
9:00 - 10:00 a.m
gym
with Theresa

ESSENTRICS
9:15 - 10:15 a.m
community room
with Carolyn

SPIN & STRETCH
WED. 6:30 - 7:15 p.m.
Community Room
with Tabitha

FRIDAY

OPEN
5:45 AM - 8:00 PM

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

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

MAT PILATES
9:30 - 10:30 a.m
dance studio
with Allison

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

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

POP-UP ESSENTRICS + STRENGTH
10:45 a.m - 11:45 a.m.
dance studio
with Jill

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

SATURDAY

OPEN
7:00 AM - 5:00 PM

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

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

OPEN
9:00 AM - 5:00 PM

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

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 Kristi

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

