

**GROUP EXERCISE**  
**April 2018**

www.club1pittsburgh.com  
**CLUB ONE FITNESS**

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| MONDAY                   |              | TUESDAY |              | WEDNESDAY |               | THURSDAY |              | FRIDAY |                | SATURDAY |                | SUNDAY |              |
|--------------------------|--------------|---------|--------------|-----------|---------------|----------|--------------|--------|----------------|----------|----------------|--------|--------------|
| <b>EAST END</b>          |              |         |              |           |               |          |              |        |                |          |                |        |              |
| 6:15                     | BodyPump     | 5:00    | SGT \$       | 5:30      | Spin          | 5:00     | SGT \$       | 6:15   | BodyPump       | 7:00     | SGT \$         | 8:45   | SRO          |
| 7:30                     | BodyPump X   | 6:15    | Pilates Fuse | 6:15      | BodyPump      | 6:15     | Pilates X    | 8:30   | Zumba          | 8:15     | FlashDance     | 9:00   | Yoga-Karma   |
| 8:30                     | Zumba        | 8:30    | Pump         | 7:30      | BodyPump X    | 8:30     | Pump         | 9:00   | Pilates-Primer | 8:45     | Spin           | 10:00  | BodyPump     |
| 9:00                     | Yoga-Kunda   | 8:30    | Zumba        | 8:30      | Zumba         | 9:00     | Bodiography  | 10:00  | Yoga-Karma     | 10:00    | Calorie Killer | 10:45  | Spin         |
| 9:15                     | DIESEL       | 9:30    | Piloxing     | 9:15      | DIESEL        | 10:00    | Spin         | 12:00  | Zumba          | 10:00    | BodyPump       | 11:30  | Pilates Fuse |
| 9:30                     | BodiographyX | 10:00   | Spin         | 9:30      | Bodiography   | 11:15    | Chi Gong     | 1:30P  | YogaChair-Beg  | 11:00    | Spin           | 1:00P  | LeagueTT     |
| 10:15                    | Yoga-Raja    | 11:15   | Chi Gong     | 9:35      | Meditation    | 12:00    | Zumba        | 3:00p  | YogaChair-Adv  | 11:30    | Zumba Jam      |        |              |
| 10:15                    | BodyPump     | 1:15P   | Silver&Fit   | 10:00     | Yoga-Raja     | 1:15P    | Silver&Fit   | 4:30P  | Zumba          | 12:00    | Som. Yoga      |        |              |
| 12:00                    | Zumba        | 4:30P   | HipHop       | 12:00     | Zumba         | 4:30P    | Zumba        |        |                | 12:30    | Hip Hop        |        |              |
| 1:00P                    | ZumbaTone30  | 5:30P   | Pilates      | 1:00P     | Zumba Core    | 5:00P    | Spin         |        |                |          |                |        |              |
| 4:15P                    | DIESEL       | 5:30P   | HIIT         | 2:00P     | Zumba Gold    | 5:30P    | BodyPump     |        |                |          |                |        |              |
| 5:00P                    | CycleBurn    |         |              | 4:15P     | DIESEL        | 6:25P    | LeagueTT     |        |                |          |                |        |              |
| 5:55P                    | Spin         |         |              | 5:00P     | Boom HipHop   | 6:30P    | BodyFlow     |        |                |          |                |        |              |
| 6:00P                    | BodyPump     |         |              | 6:00P     | CycleBurn     |          |              |        |                |          |                |        |              |
|                          |              |         |              |           |               |          |              |        |                |          |                |        |              |
|                          |              |         |              |           |               |          |              |        |                |          |                |        |              |
|                          |              |         |              |           |               |          |              |        |                |          |                |        |              |
| <b>EAST END AQUATICS</b> |              |         |              |           |               |          |              |        |                |          |                |        |              |
| 9:30                     | Level2-Med   | 7:00    | Level2-Med   | 9:30      | Level2-Med    | 7:00     | Level2-Med   | 9:30   | Level2-Med     |          |                |        |              |
| 12:00                    | Level1-Low   | 8:30    | Level2-Med   | 12:00     | Level1-Low    | 8:30     | Level2-M/Hi  | 12:00P | Arthritis      |          |                |        |              |
| 6:00P                    | Level3-M/Hi  | 6:00P   | Level3-M/Hi  | 6:00P     | Level3-M/Hi   | 6:00p    | Level 3 M/Hi | 4:00P  | Level3-M/Hi    |          |                |        |              |
|                          |              |         |              |           |               |          |              |        |                |          |                |        |              |
| <b>FOX CHAPEL</b>        |              |         |              |           |               |          |              |        |                |          |                |        |              |
| 9:00                     | Bodiography  | 9:00    | Spin         | 9:00      | Strength Circ | 9:00     | Piyo         | 8:30   | Spin           | 8:00     | Yoga           | 8:30   | ZumbaTone    |
| 10:00                    | Zumba        | 9:30    | hardCORE     | 10:00     | Zumba         | 10:00    | Sculpt       | 9:00   | PHYSIQ *       | 9:30     | Bodiography    | 9:30   | Pump         |
| 11:30                    | Silver&Fit   | 10:00   | YogaFit      | 10:00     | Yoga Restore  | 11:30    | Silver&Fit   | 10:00  | Piloxing X     | 10:30    | Zumba          | 10:30  | Yoga         |
| 5:30P                    | Hip Hop      | 10:00   | Sculpt       |           |               | 5:30P    |              | 10:30  | Yoga Restore   |          |                |        |              |
|                          |              | 5:30P   | Pump Plus    |           |               |          |              | 10:45  | ZumbaTone30    |          |                |        |              |
|                          |              |         |              |           |               |          |              | 5:30P  | MIXXED FIT     |          |                |        |              |

East End: 6325 Penn Avenue Pittsburgh Pa 15206 412-362-4806

Fox Chapel: 921 Freeport Road Pittsburgh Pa 15238 412-782-4800

Monday-Thursday 5:30am-10:00pm Friday 5:30am-9:00pm

Monday-Friday 5:30am-9:00pm

Saturday/Sunday 8:00am-6:00pm

Saturday/Sunday 7:00am-6:00pm