

**GROUP EXERCISE**  
March 2018

[www.club1pittsburgh.com](http://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	9:30	Aqua Hustle	4:00P	Level3-M/Hi				
						6:00P	Level3-M/Hi						
<b>FOX CHAPEL</b>													
9:00	Bodiography	9:00	Spin	10:00	Zumba	9:00	Piyo	8:30	Spin	8:00	Yoga	8:30	ZumbaTone
10:00	Zumba	9:30	hardCORE	10:00	Yoga Restore	10:00	Sculpt	9:00	PHYSIQ *	9:30	Bodiography	9:30	Pump
11:30	Silver&Fit	10:00	YogaFit			11:30	Silver&Fit	10:00	Piloxing X	10:30	Zumba	10:30	Yoga
5:30P	Hip Hop	10:00	Sculpt			5:30P	20/20/20	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