GROUP EXERCISE
JUNE 2017

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CLUB ONE FITNESS

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EAST END

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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	8:45	Spin	9:00	Yoga-Karma
8:30	Zumba	8:30	Pump	7:30	BodyPump X	8:30	Pump	9:00	Pilates-Primer	9:45	Calorie Killer	10:00	BodyPump
9:00	Yoga-Kunda	8:30	Zumba	8:30	Zumba	9:00	Bodiography	10:00	Yoga-Karma	10:00	BodyPump	10:45	Spin
9:30	BodiographyX	9:30	Piloxing	9:30	Bodiography	10:00	Spin	12:00	Zumba	11:00	Spin	11:30	Pilates Fuse
10:15	Yoga-Raja	10:00	Spin	9:35	Meditation	10:00	StepPump+	1:30P	YogaChair-Beg	11:30	African	1:00P	LeagueTT
10:30	BodyPump	11:15	Chi Gong	10:00	Yoga-Raja	11:15	Chi Gong	3:00p	YogaChair-Adv	12:30	Hip Hop		
12:00	Zumba	12:00	Body Flow	11:00	Urban Chair	12:00	Zumba	4:30P	Zumba	1:00P	Pilates90		
12:00	Tai-Chi	1:15P	Silver&Fit	12:00	Zumba	1:15P	Silver&Fit						
1:00P	ZumbaTone30	4:30P	HipHop	1:00P	Zumba Core	4:30P	Zumba						
5:30P	BodyPump	5:30P	Calorie Killer	2:00P	Zumba Gold	5:30P	BodyPump						
5:55P	Spin	5:30P	Pilates	5:00P	BodyPump	6:30P	Spin						
		6:30P	African	6:00P	SpinX	6:30P	Body Flow						
				6:00P	HardCORE	6:25P	LeagueTT						
				6:30P	Body Blast								

EAST END AQUATICS

9:30	Level2-Med	7:00	Level2-Med	9:30	Level2-Med	7:00	Level2-Med	9:30	Level2-Med	8:30	Level3-M/Hi		
12:00	Level1-Low	7:00	Level2-Med	9:30	Level2-Med	8:30	Level2-Med	12:00P	Arthritis	1:30P	A-Hustle		
6:00P	Level3-M/Hi	8:30	Level2-Med	12:00	Level1-Low	10:30	A-Hustle	4:00P	Level3-M/Hi				
		6:00P	Level3-M/Hi	6:00P	Level3-M/Hi	6:00P	Level3-M/Hi						

FOX CHAPEL

9:00	Bodiography	9:00	RPM-X	10:00	Zumba	9:00	BollyX	8:30	RPM-X	8:00	Yoga	8:30	ZumbaTone
10:00	Zumba	9:30	hardCORE	10:00	Yoga Restore	10:00	Sculpt	9:00	TBC *	9:30	Bodiography	9:30	Pump
11:30	Silver&Fit	10:00	Body Flow			11:30	Silver&Fit	10:00	Piloxing X	10:30	Zumba	10:30	Yoga
5:30P	Hip Hop	5:30P	BodyPump			5:30P	20/20/20	10:30	Yoga Restore				
								10:45	ZumbaTone30				

East End: 6325 Penn Avenue Pittsburgh Pa 15206 412-362-4806 **Fox Chapel:** 921 Freeport Road Pittsburgh Pa 15238 412-782-4800

*Total Body Conditioning