**GROUP EXERCISE**
**September 2018**

www.club1pittsburgh.com

# 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 |
| 8:30 | Zumba | 6:15 | Pilates Fuse | 6:15 | BodyPump | 6:15 | Pilates X | 8:30 | Zumba | 8:45 | Spin | 9:00 | Yoga-Karma |
| 9:00 | Yoga-Kunda | 8:30 | Pump | 8:30 | Zumba | 8:30 | Pump | 9:00 | Pilates-Primer | 10:00 | BodyPump | 10:00 | BodyPump |
| 9:15 | DIESEL | 8:30 | Zumba | 9:15 | DIESEL | 9:00 | Bodiography | 10:00 | Yoga-Karma | 11:30 | ZumbaJam | 10:45 | Spin |
| 9:30 | BodiographyX | 9:30 | Piloxing | 9:30 | Bodiography | 11:15 | Somatic Yoga | 12:00 | Zumba | 12:00 | Som. Yoga | 11:30 | Pilates Fuse |
| 10:15 | Yoga-Raja | 10:00 | Spin | 9:35 | Meditation | 12:00 | HipHop(45) | 1:30P | YogaChair-Beg | 12:30 | HipHop | 1:00P | LeagueTT |
| 10:15 | Bodypump | 11:15 | Chi Gong | 10:00 | Yoga-Raja | 1:15P | Silver&Fit | 3:00p | YogaChair-Adv | | | | |
| 12:00 | Zumba | 1:15P | Silver&Fit | 12:00 | Zumba | 4:30P | MixxedFit | 4:30P | Mixxed Fit | | | | |
| 1:00 | ZumbaTone30 | 4:30P | HipHop | 1:00 | Zumba Core | 5:00P | Spin | | | | | | |
| 4:15P | DIESEL | 5:30P | Pilates | 2:00P | Zumba Gold | 5:30P | BodyPump | | | | | | |
| 5:00P | HIIY | 5:30P | HIIT | 4:15 | HIIT | 6:25P | LeagueTT | | | | | | |
| 5:55P | Spin | | | 5:00P | HipHop | 6:30P | BodyFlow | | | | | | |
| 6:00P | BodyPump | | | 6:00P | Cycleburn | | | | | | | | |

## EAST END AQUATICS

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 9:30 | Level2-Med | 8:30 | Level2-Med | 9:30 | Level2-Med | 8:30 | Level2-Med | 9:30 | Level2-Med | 9:00 | Aqua Zumba | | |
| 12:00 | Level1-Low | | | 12:00 | Level1-Low | 6:00P | Level3-M/Hi | 12:00P | Arthritis | | | | |
| 5:00P | Level3-M/Hi | | | 5:00P | Level3-M/Hi | | | 4:00P | Level3-M/Hi | | | | |

## FOX CHAPEL

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 9:00 | Bodiography | 9:00 | Piyo | 8:00 | Strength Circ | 9:00 | Piyo | 8:30 | Spin | 8:00 | Yoga | 8:30 | ZumbaTone |
| 10:00 | Zumba | 10:00 | Sculpt | 10:00 | Zumba | 10:00 | Sculpt | 9:00 | Piyo | 9:30 | Bodiography | 9:30 | Pump |
| 11:30 | Silver&Fit | 5:30P | Pump Plus | 10:00 | Yoga Restore | 11:30 | Silver&Fit | 10:00 | Piloxing X | 10:30 | Zumba | 10:30 | Yoga |
| 5:30P | MixxedFit | | | 5:30P | Zumba | 5:30P | 20/20/20 | 10:30 | Yoga Restore | | | | |
| | | | | | | | | 5:30P | Mixxed Fit | | | | |

**East End:** 6325 Penn Avenue Pittsburgh Pa 15206 412-362-4806
Monday-Thursday 5:30am-10:00pm Friday 5:30am-9:00pm
Saturday/Sunday 8:00am-6:00pm

**Fox Chapel:** 921 Freeport Road Pittsburgh Pa 15238 412-782-4800
Monday-Friday 5:30am-9:00pm
Saturday/Sunday 7:00am-6:00pm