GROUP EXERCISE
December 2018

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CLUB ONE FITNESS

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
EAST END													
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	9:30	Bodiography	9:00	Bodiography	10:00	Yoga-Karma	10:00	Calorie Killer	11:30	Pilates Fuse
9:30	BodiographyX	9:30	Piloxing	9:35	Meditation	11:15	Somatic Yoga	12:00	Zumba	11:00	Spin	1:00P	LeagueTT
10:15	Yoga-Raja	10:00	Spin	10:00	Yoga-Raja	12:00	HipHop(45)	1:30P	YogaChair-Beg	11:30	ZumbaJam		
10:15	Bodypump	11:15	Chi Gong	12:00	Zumba	1:15P	Silver&Fit	3:00p	YogaChair-Adv	12:00	Som Yoga		
12:00	Zumba	1:15P	Silver&Fit	1:00	Zumba Core	4:30P	MixxedFit	4:30P	Zumba	12:30	Hip Hop		
1:00	ZumbaTone30	4:30P	HipHop	2:00	Zumba Gold	5:00P	Spin						
5:0P	DIESEL	5:30P	Pilates	4:15P	HIIT	5:30P	BodyPump						
5:55P	Spin	5:30P	HIIT	5:00P	Hip Hop	6:25P	LeagueTT						
6:00P	Bodypump			6:00P	CycleBurn	6:30P	BodyFlow						
EAST END AQUATICS													
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													
8:15	Spin	8:30	Spin	8:00	Strength Circ	9:00	Piyo	8:30	Spin	8:00	Yoga	8:30	ZumbaTone
9:00	Bodiography	9:00	Piyo	10:00	Zumba	10:00	Sculpt	9:00	Piyo	9:30	Bodiography	9:30	Pump
10:00	Zumba	10:00	Sculpt	10:00	Yoga Restore	11:30	Silver&Fit	10:00	Piloxing X	10:30	Zumba	10:30	Yoga
11:30	Silver & Fit	5:30P	Pump Plus	5:30P	Zumba	5:30P	20/20/20	10:30	Yoga Restore				
5:30P	Mixxed Fit							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 7:00am-6:00pm
Saturday/Sunday 8:00am-6:00pm