**GROUP EXERCISE**
**May 2019**

www.club1pittsburgh.com

# CLUB ONE FITNESS

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clubonefitness-groupx

| 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 | HIIT | 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 | Zumba | 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 | 5:00P | Hip Hop | 5:30P | BodyPump | | | | | | |
| 4:30P | Spin | 5:30P | Pilates | 6:00P | CycleBurn | 6:25P | LeagueTT | | | | | | |
| 5:00P | Diesel | 5:30P | HIIT | | | 6:30P | BodyFlow | | | | | | |
| 6:00P | Bodypump | | | | | | | | | | | | |
| **EAST END AQUATICS** | | | | | | | | | | | | | |
| 9:30 | Level2-Med | 7:00 | Level 2-Med | 9:30 | Level2-Med | 7:00 | Level 2-Med | 9:30 | Level2-Med | 9:00 | Aqua Zumba | | |
| 12:00 | Level1-Low | 8:30 | Level2-Med | 12:00 | Level1-Low | 8:30 | Level2-Med | 12:00P | Arthritis | | | | |
| 5:00P | Level3-M/Hi | | | 5:00P | Level3-M/Hi | 6:00P | Level3-M/HI | 4:00P | Level3-M/Hi | | | | |
| **FOX CHAPEL** | | | | | | | | | | | | | |
| 8:30 | Spin | 9:00 | Piyo | 8:00 | Strength Circ | 9:00 | Piyo | 8:30 | Spin | 8:00 | Yoga | 8:30 | ZumbaTone |
| 9:00 | Bodiography | 10:00 | Sculpt | 10:00 | Zumba | 10:00 | Sculpt | 10:00 | PiloxingX | 9:30 | Bodiography | 9:30 | Pump |
| 10:00 | Zumba | 5:30P | Pump Plus | 10:00 | Yoga Restore | 11:30 | Silver&Fit | 10:30 | Yoga Restore | 10:30 | Zumba | 10:30 | Yoga |
| 11:30 | Silver & Fit | | | 5:30P | Zumba | 5:30P | Pump Plus | 10:45 | Pilates Fusion | | | | |
| 5:30P | Mixxed Fit | | | | | | | 5:30P | Mixxed Fit | | | | |

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

**Fox Chapel:** 921 Freeport Road Pittsburgh Pa 15238 412-782-4800
Monday thru Friday 5:30am- 8pm Saturday/Sunday 7am-6pm