

GROUP EXERCISE

August 2019

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CLUB ONE FITNESS



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clubonefitness-groupx

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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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	10:10	Spin	12:00	Zumba	11:00	Spin	1:00P	LeagueTT
10:15	Yoga-Raja	10:00	Spin	10:00	Yoga-Raja	11:15	Somatic Yoga	1:30P	YogaChair-Beg	11:30	ZumbaJam		
10:15	Bodypump	11:15	Chi Gong	12:00	Zumba	12:00	Zumba	3:00p	YogaChair-Adv	12:00	Som Yoga		
12:00	Zumba	1:15P	Silver&Fit	1:00	Zumba Core	1:15P	Silver&Fit	4:30P	Zumba	12:30	Hip Hop		
1:00	ZumbaTone30	4:30P	HipHop	6:00P	Kickboxing	4:30P	Mixed Fit						
5:00P	Diesel	5:30P	Pilates			5:00P	Spin						
5:30P	Spin	5:30P	HIIT			5:30P	BodyPump						
6:00P	Bodypump					6:25P	LeagueTT						
						6:30P	BodyFlow						

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	10:00	PiloxingX	8:00	Yoga	8:30	ZumbaTone
9:00	Bodiography	10:00	Circuit	10:00	Zumba	11:30	Silver&Fit	10:30	Yoga Restore	9:30	Bodiography	9:30	Pump
10:00	Zumba	5:30P	Pump Plus	10:00	Yoga Restore	5:30P	Pump Plus	11:00	Pilates Fusion	10:30	Zumba	10:30	Yoga
11:00	Pilates Fusion			5:30P	Zumba			5:30P	Mixed Fit				
11:30	Silver&Fit												
5:30P	Mixed Fit												

East End: 6325 Penn Avenue Pittsburgh Pa 15206 412-362-4806

Fox Chapel: 921 Freeport Road Pittsburgh Pa 15238 412-782-4800

Monday thru Friday 5:30am-9pm Saturday/Sunday 8am-6pm

Monday thru Friday 5:30am- 8pm Saturday/Sunday 7am-6pm