



March 2018 Group Exercise Class Schedule

Open: Mon. – Fri. 7:15 a.m. – 5:15 p.m.

Sat. 7:15 a.m. – 12:00 p.m.

CLOSED Sunday

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
	7:30-8:00 Speed, Agility, and Strength (Must sign-up in advance)	8:30-9:00 Just For You	8:30-9:00 Walking Group	8:30-9:00 Just For You
9:00-9:45 SilverSneakers® CardioFit	8:45-9:15 Speed, Agility, and Strength (Must sign-up in advance)	9:30-9:50 Wake Up Wittenberg- W	9:30-10:15 Yoga –(Chair)	
10:00-10:45 Strength & Balance	9:30-10:15 Tai Chi/Core	10:00-10:45 Strength & Balance	10:30-11:00 Body Basics – NC	10:00-10:45 Strength & Balance
11:00-11:45 SilverSneakers® Classic	10:30-11:00 Body Basics – NC	11:00-11:45 SilverSneakers® Classic	11:00-11:45 SilverSneakers® Circuit	11:00-11:45 SilverSneakers® Classic
1:30-2:00 Body Basics- SD	11:00-11:45 Senior Boot Camp	1:30-2:00 Body Basics- SD		1:30-2:00 Body Basics- SD
1:30-2:00 Balance Class- NC	2:15-2:45 Body Basics- BR			1:30-2:00 Balance Class- NC
	3:00-4:00 Pickle Ball			3:00-4:00 Pickle Ball

Questions- Call the Fitness Center Front Desk at 724-452-3456

All classes will be held at the Fitness Center unless stated - **NC** – New Haven Court – community room

W – Wittenberg Place – community room

SD – Shenandoah Household – activity room

BR – Blue Ridge Household – activity room

Saturday

10:00-10:45
Weekend Workout