

# Monthly Group Exercise Schedule



## February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>5<sup>th</sup></b> Zumba Toning *</p> <p><b>12<sup>th</sup></b> X-Biking *</p> <p><b>19<sup>th</sup></b> X - Biking *</p> <p><b>26<sup>th</sup></b> X- Biking *</p> <p><b>26<sup>th</sup></b> Body Sculpting *</p> <p><b>*Special Event*</b>  <b>February 26<sup>th</sup></b>  <b>11:45AM in the Café</b>  <b>Healthy Eating Talk &amp;</b>  <b>Cooking demo with</b>  <b>Dana Grau &amp; McGinnis</b>  <b>Sisters. Open to</b>  <b>members &amp; guests.</b>  <b>Please register @ the</b>  <b>front desk.</b></p> <p><i>All Sunday classes</i>  <i>start at 10:30 am</i></p>	<p><b>10:00</b> Morning Mix</p> <p><b>10:45</b> SS MS &amp; ROM *</p> <p><b>12</b> Power 30</p> <p><b>6:00PM</b> Yoga (Mixed Level)</p> <p><b>7:10PM</b> * ZUMBA</p>	<p><b>9:00</b> ZUMBA Gold</p> <p><b>10:00</b> SS Cardio Circuit</p> <p><b>12</b> Core `n More</p> <p><b>6:00PM</b> X-Bike</p> <p><b>7:00PM</b> X-Bike</p> <p><b>7:00</b> Zumba Toning</p>	<p><b>9:00</b> SS YogaStretch *</p> <p><b>10:00</b> Morning Mix *</p> <p><b>10:45</b> SS MS &amp; ROM *</p> <p><b>12</b> Cardio Kickboxing</p> <p><b>6:30PM</b> Cardio Kickboxing</p>	<p><b>10:00</b> SS Cardio Circuit</p> <p><b>12</b> X-Bike/Tabata Training</p> <p><b>6:00PM</b> X-Bike</p> <p><b>6:30PM</b> Body Sculpting *</p> <p><b>7:30 PM</b> Conditioning Intervals *</p>	<p><b>9:00</b> Zumba Gold Toning</p> <p><b>10:15</b> Chair/Support Yoga</p> <p><b>12</b> X-Bike/Core</p>	<p><b>9:00</b> ZUMBA</p> <p><b>9:00</b> ZUMBATOMIC</p> <p><b>10:15</b> Mixed Level Yoga</p>

This schedule is subject to change. Please call 412-349-0777 to confirm classes.

**\*Indicates that the class is new or the time has been adjusted.**

**FOR SAFETY REASONS, If you are taking the class for the first time, Please arrive 10 MINUTES EARLY and see the instructor**