





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30a  TurboKick® <u>CALL TO REGISTER</u>  Michelle	
		 9:30a Silver Sneakers® Circuit  Monica		 9:30a Silver Sneakers® Circuit  Monica	9:30a  Meet me at the Bar •  --  • <u>CALL TO REGISTER</u>  Kamini	
 11a Silver Sneakers® Circuit  Monica	 11a SilverSneakers® Circuit  Pam	 11a ShapeFit Fusion  Pam	 11a SilverSneakers® Circuit  Pam			
5:30p  <b>30 min CYCLE</b> <u>CALL TO REGISTER</u>  Chrystal			5:30p  <b>30 min CYCLE</b> <u>CALL TO REGISTER</u>  Chrystal			
6:00p  Meet me at the Bar •  --  • <u>CALL TO REGISTER</u>  Kamini	6:00p  Zumba Toning <u>CALL TO REGISTER</u>  Charla	6:00p  <b>CYCLE</b> <u>CALL TO REGISTER</u>  Dawn	6:00p  R.I.P.P.E.D. <u>CALL TO REGISTER</u>  Charla			
7:00p  TurboKick® <u>CALL TO REGISTER</u>  Michelle	7:00p  R.I.P.P.E.D. <u>CALL TO REGISTER</u>  Charla	7:00p  Meet me at the Bar •  --  • <u>CALL TO REGISTER</u>  Dawn	7:00P  CIRCL Mobility 30 minutes <u>CALL TO REGISTER</u>  Charla		 <b>West Mifflin</b>	

**West Mifflin**

## Class Descriptions

**CIRCL Mobility** - CIRCL Mobility is not your typical exercise program; it truly focuses on actively taking your body through movement patterns using macro and micro joint movers to improve range of motion + flexibility.

**Cycle** - Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance.

**HIIT the Step** - 100% effort through quick intense bursts of exercise followed by short sometimes active recovery periods using the Step and handweights. Simple, easy to follow choreography

**Meet me at the BAR-•||--||•** This workout includes your favorite barbell moves. Tone and strengthen your body using the barbell to target all the major muscle groups. We will guide you through a total body resistance workout emphasizing proper form with energizing music to push you to the finish ☺

**R.I.P.P.E.D.** - is a total body, high intensity style program that uses free weights, resistance, and body weight to scorch calories!. Each section is devoted to a particular type of workout that allow you to experience a variety of moves to challenge your body.

**ShapeFit Fusion** – An energy boosting, low impact workout that combines cardio, strengthening and core exercises. Full body compound movements to burn fat, tone muscle, and boost metabolism. Senior members welcome!

**Strong ID®** -In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like *high knees*, *burpees*, and *jumping jacks* are interchanged with isometric moves like *lunges*, *squats*, and *kickboxing*. STRONG by Zumba® All levels welcome, your Coach will give you options and variations to ensure you get the best workout for you.

**SilverSneakers Circuit** – A 45 minute class incorporating hand-held weights, elastic tubing with handles, and a SilverSneakers ball alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Turbo Kick®** - is an interval based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength/endurance training sequences and easy-to-follow combinations. Class ends with a mind/body-like (think Tai-Chi) cool-down. \***Turbo~Sculpt** is our 30 minute version, with 30 minutes of resistance training and abs.

**Zumba Toning** - Those who want to party but put extra emphasis on toning and sculpting to define those muscles! ... Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body