

# GROUP X

## *Monongahela Room*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	5:30AM BOOT CAMP KELLY			5:30AM BOOT CAMP KELLY			
6AM		6AM RESISTA-BALL MARYANN			6AM YOGA CORE AND STRENGTH BETH		
8AM		8:30AM-9:15AM BOSU KIMBER				8AM GUTTS BUTTS AND INTERVALS KAYLA	
9AM	9AM CARDIO MIX PILXOING KIMBER			9AM STEP KIMBER		9AM BOOT CAMP KELLY	9AM BODY SCULPTING KELLY
9:15AM		9:15AM BOOT CAMP ROMINA	9:15AM PILOXING KIMBER		9:15AM STRONG BY ZUMBA IAN		
9:30AM	9:30AM CARDIO MIX HI LO INTERVALS KIMBER			9:30AM RESISTA-BALL KIMBER			
10AM 10:15AM 10:30AM	10AM PIYO KIMBER	10:30AM ZUMBA JENNIFER	10:15AM BELOW THE BELT KIMBER	10:30AM STRETCH KIMBER	10:30AM ZUMBA LESA	10:15-11:15AM ZUMBA JENNIFER	
10:45AM				10:45AM SENIOR FIT DIANA			
11AM 11:15AM 11:30AM	11:15AM SENIOR FIT DIANA		11AM ZUMBA GOLD MARCI		11:30AM SENIOR FIT TARYN	11:30-12PM SOUL BODY BARRE UNHITCHED JENNIFER	
12:15PM	12:15PM BOOT CAMP DIANA	12:15PM CYCLE/SCULPT KAYLA	12:15PM FITNESS BUFFET KIMBER	12:15PM HIIT RICH	12:15PM KETTLEBELL RICH		
4:30PM	4:30PM CYCLE/SCULPT 4:30PM CYCLE 5PM SCULPT SARAH		4:30PM CYCLE NATALIE	4:30PM PIYO MARCY			
5:30PM	5:30PM HIIT BROOKE	5:30PM BOUNCE AMBER	5:30PM HIIT BROOKE	5:30PM ZUMBA JENNIFER			
6:30PM	6:30PM POUND GROUP X ROOM CASSIE  6:30PM SOUL BODY BARRE UNHITCHED MIND BODY ROOM BROOKE	6:30PM BARRE ABOVE JENNIFER	6:30PM RESULTS BOOT CAMP LA	6:30PM P90X MELISSA			

Group Fitness Schedule and Instructor May Change Without Notice  
Fitness Director - KIMBER WALDORF – (412) 708-1203

*\*Additional Cost\* – TRX, TRX/Bosu, TRX/Kettle, Reformer, Zenlattes Barre, Pilates/Yoga Level 2, MyRide® Hour, and MyRide® Live – See Front Desk for More Information*

## Allegheny Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	5:30AM FREE MYRIDE® ½ HOUR		5:30AM FREE MYRIDE® ½ HOUR		5:30AM FREE MYRIDE® ½ HOUR		
6AM	6AM *MYRIDE®* HOUR	6AM CYCLING BILL	6AM FREE MYRIDE® ½ HOUR	6AM CYCLING DAVE			
7:15AM		7:15AM FREE MYRIDE® ½ HOUR		7:15AM FREE MYRIDE® ½ HOUR			
8AM	8AM *MYRIDE®* HOUR			8AM *MYRIDE®* HOUR	8AM *MYRIDE®* HOUR	8AM CYCLING KELLY	8AM CYCLING KELLY
9AM 9:15AM	9AM CYCLING MARYANN	9:15AM MYRIDE	9:15AM CYCLING KELLY	9:15AM CYCLING ROMINA	9:15AM CYCLING TARYN	9:15AM CYCLING STACEY	9:15AM FREE MYRIDE® HOUR
10:30AM						10:30AM MYRIDE® ½ HOUR	10:30AM MYRIDE® ½ HOUR
12:15PM	12:15PM FREE MYRIDE® ½ HOUR	12:15PM CYCLE/SCULPT KAYLA	12:15PM FREE MYRIDE® ½ HOUR	12:15PM MYRIDE	12:15PM FREE MYRIDE® ½ HOUR		
12:30PM						12:30PM *MYRIDE®* HOUR	12:30PM *MYRIDE®* HOUR
4:30PM	4:30PM CYCLE/SCULPT SARAH		4:30PM CYCLING NATALIE		4:30PM *MYRIDE®* HOUR		
5:30PM	5:30PM CYCLING EILEEN	5:30PM CYCLING MARCY	5:30PM FREE MYRIDE® HOUR	5:30PM CYCLING SARAH	5:30PM *MYRIDE®* HOUR		
6:30PM	6:30PM FREE MYRIDE® ½ HOUR	6:30PM FREE MYRIDE® ½ HOUR	6:30PM FREE MYRIDE® ½ HOUR	6:30PM *MYRIDE®* HOUR			

## MIND and BODY - Ohio Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM 8:45AM		8:45AM GENTLE YOGA HEATHER	8:30AM YOGA HEATHER				
9AM 9:15AM 9:30AM			9:30AM *TRX/KETTLE* RICH	9:15AM YOGA FLOW HEATHER	9:15AM *TRX/BOSU INTERVAL* KIMBER	9AM PIYO MARCY	
10AM	10AM PIYO GROUP X ROOM KIMBER	10AM *ZENLATTES BARRE* ASHLEY					
10AM 10:15AM 10:45AM	10AM *TRX* MARYANN		10:45AM *PILATES ROLL* KIMBER				
11AM	11AM SENIOR YOGA ERIKA	11AM *REFORMER* KIMBER					
12PM 12:15PM		12:15PM YOGA LEVEL 1 AUDREY		12:15PM *REFORMER* KIMBER	12:15PM YOGA HEATHER		
4:30PM 5:30PM		5:30PM YOGA FLOW SUZANNE		4:30PM YOGA ASHTANGA ERIKA			
6:30PM	6:30PM SOUL BODY BARRE UNHITCHED BROOKE						

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\*Additional Cost\* – TRX, TRX/Bosu, TRX/Kettle, Reformer, Zenlattes Barre, Pilates/Yoga Level 2, MyRide® Hour, and MyRide® Live – See Front Desk for More Information