

CLASS SCHEDULE

UPDATED
July 6, 2020

MONDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	BOOT CAMP	KELLY	GROUP X/ ZOOM
7:00 AM	TOTAL BODY SCULPT	HEATHER	24HR VIDEO
8:30-9:45 AM	RESIST-A-BALL/STEP COMBO	MARYANN	GROUP X
10:15 AM	PILATES MIX	MARYANN	GROUP X
11:00AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
12:15-1 AM	STRONG NATION (HIIT)	MARCI	GROUP X/ ZOOM
4:30 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
5:30 PM	P90X	MELISSA	GROUP X/ ZOOM

TUESDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
8:30 AM	GENTLE YOGA	HEATHER	MIND BODY
9:15 AM	CYCLE	KELLY	CYCLE STUDIO
11:00 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
12:15-1 PM	HIIT	HEATHER	ZOOM/VIDEO
4:30 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
5:30 PM	PIYO	MARCY	GROUP X/ZOOM/VIDEO

WEDNESDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	BOOT CAMP	KELLY	GROUP X/ ZOOM
9:00 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
10:00-11:15 AM	PILOXING/BELOW THE BELT COMBO	JENNIFER	GROUP X/ZOOM/VIDEO
12:00 PM	YOGA	HEATHER	MIND BODY
12:15-1 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
4:30 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
5:30 PM	PLYOGA/STRENGTH COMBO	BROOKE NEW	GROUP X/ ZOOM

THURSDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
9:15 AM	CYCLE EXPRESS	ROMINA	CYCLE STUDIO
10:00 AM	BOOT CAMP	ROMINA	OUTSIDE **
12:15-1 PM	CARDIO SCULPT MIX	HEATHER	ZOOM/VIDEO
5:30 PM	ZUMBA	JENNIFER	GROUP X/ ZOOM
5:30 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO

FRIDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	BOOT CAMP	KELLY	GROUP X
7:00 AM	PIYO	MARCY	24HR VIDEO
9:15 AM	CARDIO BALANCE	HEATHER	OUTSIDE **
12:15-1 PM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO

SATURDAY	DESCRIPTION	INSTRUCTOR	LOCATION
7:00 AM	BOOT CAMP	SIMON	24HR VIDEO
8:30 AM	P90X	MELISSA	GROUP X/ ZOOM
9:15 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
10:00 AM	ZUMBA	JENNIFER	OUTSIDE **
11:30AM-12PM	SOULBODY BARRE UNHITCHED	JENNIFER	GROUP X

SUNDAY	DESCRIPTION	INSTRUCTOR	LOCATION
6:00 AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO
8:00 AM	HIIT	HEATHER	24HR VIDEO
8:30 AM	CYCLING	KELLY	CYCLE STUDIO
10:00AM	BOOT CAMP	KELLY	OUTSIDE **
11:30AM	MYRIDE	MYRIDE VIRTUAL	CYCLE STUDIO

MyRide® is also available upon request when the studio is not in use — please see the Front Desk to schedule your ride!

****CLASSES ARE SPACED OUT TO ALLOW ADDITIONAL TIME FOR CLEANING IN BETWEEN CLASSES****

- Classes taking place in the "Group X" Studio have a max capacity of 8 people. Registration cuts off 15-minutes prior to the start of class. There will be no late admittance to classes. Please arrive up to 15-minutes early to set up your equipment.
- ZOOM** = Participate in class from home (class will be noted if being filmed and sent afterward via email with a **VIDEO** link). Registration cuts off 15-minutes prior to the start of class and you'll receive an email with class codes approximately 10-minutes before class.
- VIDEO** = Our popular video option will continue! Registration closes 15-minutes prior to the start of class. You'll receive an email with class video link approximately 10-minutes before class.
- Classes "**OUTSIDE****" are WEATHER PERMITTING and will be in our back parking lot. Determination for acceptable weather conditions will be made 1-hour prior to the start of class. If a class needs to be indoors, all participants will be notified via email. The FIRST 8 participants who registered will be able to attend the live in-studio class.
- PLEASE NOTE:** Each class type (i.e. in-studio, **ZOOM**, **VIDEO**) requires a separate sign-up. When booking, please make sure you are signing up for the class you wish to take.

The Health Club at Southpointe - 333 Technology Drive Suite 116 - Canonsburg, PA 15317 - (724) 597-0014

We LOVE to hear from YOU!! If you have questions or suggestions about our schedule or classes, please email Jennifer at jberry@healthclubatsouthpointe.com



SENIOR CLASS SCHEDULE

WEEK OF July 6TH, 2020

	MON	TUES	WED	THURS	FRI	SAT	SUN
1:30pm	SILVER SNEAKERS CIRCUIT SUZANNE Group X	ZUMBA TONING LESA Group X / ZOOM	ZUMBA GOLD MARCY Group X		SENIOR YOGA TBD Group X		

Attention all SENIORS:

We care about YOU!

Covid-19 is a new disease that we are learning more about every day. Keeping you **HEALTHY** is a top priority for us. We are taking **PROTECTIVE MEASURES** immediately to deliver you the same quality club while making it as **SAFE** as possible.

EFFECTIVE JUNE 15TH, our Senior Class Schedule will be between 1pm and 5pm in accordance with our new ***Basic Membership*** structure.

*Alternatively, you may upgrade to our ***Premium Membership*** if you wish to have full-day access to the club. It's available to you **AT MINIMAL COST**. Ask the Front Desk if this is a good option for you today!*

