



THE HEALTH CLUB AT SOUTHPOINTE

Effective 1/01/22

# JANUARY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOTCAMP</b> 5:30-6:30am Kelly   GX	<b>BOOTCAMP</b> 5:30-6:30am Kelly   GX	<b>CYCLE BOOTCAMP</b> 6-7am Jillian   CS	<b>CYCLE</b> 6-7am Dave   CS	<b>BOOTCAMP</b> 5:30-6:30am Kelly   GX	<b>HIIT</b> 7:15-8am Heather H   GX
<b>YOGA</b> 9am-10am Suzanne   MB	<b>CYCLE</b> 6-7am Bill   CS	<b>YOGA</b> 8:30-9:30am Heather B   MB	<b>FULL BODY FIT</b> 8:30-9:15am Heather H   MB	<b>VIRTUAL CYCLE</b> 8-8:30am Virtual Instructor   CS	<b>METKON RX</b> 8:30-9:30am Melissa   GX
<b>CYCLE</b> 9-9:45am Maryann   GX	<b>FULL BODY FIT</b> 8:30-9:15am Heather H   MB	<b>TOTAL BODY SCULPT</b> 9:15-10:15am Heather H   GX	<b>CYCLE EXPRESS</b> 9:15-9:45am Romina   CS	<b>HIIT BARRE MIX</b> 8:45-9:30am Heather H   MB	<b>POP BARRE</b> 9-10am Jennifer   MB
<b>RESISTA-BALL</b> 9:50-10:30am Maryann   GX	<b>CYCLE EXPRESS</b> 9:15-9:45am Romina   CS	<b>CYCLE</b> 9:15-10:15am Kelly   CS	<b>BOOTCAMP</b> 10-10:30am Romina   GX	<b>CYCLE BOOTCAMP</b> 12:15-1:15pm Jillian   CS	<b>ZUMBA</b> 10:15-11:15am Jennifer   GX
<b>ZUMBA TONING</b> 1:30-2:30pm Lesa   GX	<b>BOOTCAMP</b> 10-10:30am Romina   GX	<b>ZUMBA GOLD</b> 1:30-2:30pm Marci   GX	<b>SENIOR STRENGTH</b> 1:30-2:30pm Suzanne   GX	<b>SENIOR YOGA</b> 1:30-2:30pm Heather B   MB	
<b>CYCLE SCULPT</b> 4:30-5:30pm Jillian   CS/GX	<b>ZUMBA</b> 10:30-11:30am Jennifer   GX	<b>CYCLE EXPRESS</b> 5:15-5:45pm Brooke   CS	<b>CYCLE SCULPT</b> 4:30-5:30pm Jillian   CS/GX		
<b>YOGA TONE</b> 5:30-6:30pm Suzanne   MB	<b>GENTLE YOGA</b> 1:30-2:30pm Heather B   MB	<b>METKON RX</b> 6:30-7:30pm Melissa   GX	<b>ZUMBA</b> 5:30-6:30pm Jennifer   GX		
	<b>PILOXING</b> 5:30-6:30pm Suzanne   GX				

## SUNDAY

**CYCLE**  
8:30-9:30am  
Kelly | CS

**BOOTCAMP**  
9:45-10:45am  
Kelly | GX

*Book your spot (1) day in advance via the MindBody app, MindBody online, or the front desk.*

### LEGEND

**GX**-Group Exercise Room **MB**-Mind and Body Studio **C**-Cycle Studio **BLUE**-Senior Class

# GROUP EXERCISE SCHEDULE CLASS DESCRIPTIONS

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**BOOTCAMP:** This fun and intense group workout combines both cardio and strength/resistance training.

**CYCLE BOOTCAMP:** Cardiovascular and strength workout utilizing the cycle bikes and strength exercises using weights, etc.

**CYCLE:** Set to amazing music, this great cardiovascular workout will send you pedaling through hill climbs, sprints, and many other challenging drills and exercises.

**CYCLE SCULPT:** A combination of 30 minutes of pedaling through hill climbs, sprints, and many other challenging cycle drills and a sculpting class with weight-based exercises that will tone you from top to bottom!

**FULL BODY FIT:** A full-body exercise class using a variety of equipment that will work you through upper body, lower body, and core exercises.

**GENTLE YOGA:** A basic yoga class typically described as appropriate for those who want a softer, nurturing, slower paced class. Each class will focus on breathing and relaxation techniques.

**HIIT:** High-intensity interval training (HIIT) is a cardiorespiratory training technique that alternates brief speed and recovery intervals to increase the overall intensity of your workout.

**HIIT BARRE MIX:** We've combined high-intensity interval training and muscle-sculpting barre into one powerhouse class to give you the best of everything!

**METKON RX:** A full body interval strength training class that boosts your metabolic rate and burns calories hours after the workout.

**PILOXING:** A non-stop cardio fusion of standing Pilates, boxing, and dance for all levels.

**POP BARRE:** Barre set to pop music; a mix of POP Pilates and classic barre using a body bar, ball, and bodyweight for strength and balance.

**RESISTA-BALL:** A non-aerobic workout that utilizes total body control to tone and define. You'll stimulate smaller muscles while increasing good posture and balance.

**TOTAL BODY SCULPT:** You'll go through a series of weight-based exercises that will tone you from the top to bottom!

**STRENGTH:** Workout using weighted bars, hand weights, resistance bands and other strength training equipment.

**SENIOR STRENGTH:** Designed for our senior members, this class combines strength training and basic movements to improve balance and flexibility without the added impact to joints.

**SENIOR YOGA:** The goals of this class are to gain flexibility, strength, and balance, as well as to calm the mind and increase the level of focus.

**YOGA:** This is a nurturing class with seated and supine poses that are held for several breaths to allow muscles to gently stress and release. Standing poses will be a slow, moving meditation.

**YOGA TONE:** A fitness-based yoga class that combines Vinyasa-style poses with light-weight toning exercises for increased strength, flexibility, and coordination while building stamina and reducing stress.

**ZUMBA:** A fusion of Latin and International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN & EASY TO DO!".

**ZUMBA GOLD:** For active older adults and individuals new to exercise who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

**ZUMBA TONING:** For those who want to party but put extra emphasis on toning and sculpting to define those muscles!

THE HEALTH CLUB AT SOUTHPOINTE | [healthclubatsouthpointe.com](http://healthclubatsouthpointe.com)

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