



THE HEALTH CLUB AT SOUTHPOINTE

# SEPTEMBER GROUP EXERCISE SCHEDULE

Effective 9/01/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>MAT MASHUP</b> 8:30-9:15am Jennifer   MB	<b>TRX</b> 8:30-9:15am Heather H   MB	<b>TOTAL BODY SCULPT</b> 8:30-9:15am Heather H   GX	<b>FULL BODY FIT</b> 8:30-9:15am Heather H   GX	<b>VIRTUAL CYCLE</b> 8-8:30am Virtual Instructor   CS
<b>CYCLE EXPRESS</b> 9-9:30am Maryann   CS	<b>CYCLE EXPRESS</b> 9:15-9:45am Romina   CS	<b>YOGA</b> 8:30-9:30am Heather B   MB	<b>CYCLE EXPRESS</b> 9:15-9:45am Romina   CS	<b>HIIT BARRE MIX</b> 8:30-9:15am Heather H   GX
<b>RESISTA-BALL</b> 9:30-10:15am Maryann   GX	<b>GENTLE YOGA</b> <b>9:30-10:30am</b> Heather B   MB	<b>CYCLE</b> 9:15-10:15am Kelly   CS	<b>YOGA</b> 9:30-10:30am Suzanne   MB	<b>CARDIO BOOTCAMP</b> 9:15-10am Romina/GX
<b>ZUMBA TONING</b> 1:30-2:30pm Lesa   GX	<b>STRENGTH &amp; STRETCH</b> 10-10:30am Jennifer   GX	<b>SENIOR STRENGTH</b> 1:30-2:30pm Jennifer   GX	<b>SENIOR YOGA</b> 1:30-2:30pm Heather B   MB	<b>ZUMBA GOLD</b> 1:30-2:30pm Marci   GX
<b>CYCLE SCULPT</b> 4:30-5:30pm Jillian   CS/GX	<b>ZUMBA</b> 10:35-11:35am Jennifer   GX	<b>CYCLE</b> 5:30-6:15pm Marcy B   CS	<b>CYCLE SCULPT</b> 4:30-5:30pm Jillian/Brooke   CS/GX	
<b>YOGA TONE</b> 5:30-6:30pm Suzanne   GX	<b>GENTLE YOGA</b> 1:30-2:30pm Heather B   MB	<b>GUTS, BUTTS &amp; INTERVALS</b> 5:45-6:30pm Brooke   GX	<b>ZUMBA</b> 5:30-6:30pm Jennifer   GX	
	<b>PILOXING</b> 5:30-6:30pm Suzanne   GX	<b>METKON RX</b> 6:30-7:30pm Melissa   GX		

## SATURDAY

<b>METKON RX</b> 8:30-9:30am Melissa   GX
<b>ZUMBA</b> 10:15-11:15am Jennifer   GX
<b>STRENGTH &amp; STRETCH</b> 11:30-12pm Jennifer   GX

## SUNDAY

<b>CYCLE</b> 8:30-9:30am Kelly   CS
<b>BOOTCAMP</b> 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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**CARDIO BOOTCAMP:** This fun and intense group workout combines both cardio and strength/resistance training for a total body workout.

**CARDIO SCUPT MIX:** This high intensity interval training workout combines the best of cardio with the best of resistance training packed into one powerhouse workout for the whole body.

**CYCLE BOOTCAMP:** Cardiovascular and strength workout using the cycle bikes and strength exercises.

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

**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 BARRE MIX:** A total body workout that combines intense barre movements with cardio drills set up in a high intensity interval training format for maximum exertion.

**MAT MASHUP:** A mat-based mix of yoga, Pilates, barre and functional flexibility training designed to tone and elongate your physique. You will leave feeling strong and refreshed!

**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.

**PLYOGA:** A 4-part interval training system using the benefits of yoga as an active recovery for plyometric movement.

**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!

**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.

**STRENGTH & STRETCH:** All standing strength work mixed with static and dynamic stretching using a variety of equipment.

**TRX:** TRX is a form of suspension training that uses body weight exercises to simultaneously develop strength, balance, flexibility, and core stability.

**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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