



# OCTOBER GROUP EXERCISE SCHEDULE

Effective 10/01/22

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>BOOTCAMP</b><br>5:30-6:30am<br>Kelly   GX                  | <b>BOOTCAMP</b><br>5:30-6:30am<br>Kelly   GX                 | <b>CYCLE BOOTCAMP</b><br>6-7am<br>Jillian   CS            | <b>CYCLE</b><br>6-7am<br>Dave   CS                           | <b>BOOTCAMP</b><br>5:30-6:30am<br>Kelly   GX                |
| <b>FUNCTIONAL FLEXIBILITY</b><br>8:30-9:15am<br>Jennifer   MB | <b>TRX</b><br>8:30-9:15am<br>Heather H   MB                  | <b>TOTAL BODY SCULPT</b><br>8:30-9:15am<br>Heather H   GX | <b>FULL BODY FIT</b><br>8:30-9:15am<br>Heather H   GX        | <b>VIRTUAL CYCLE</b><br>8-8:30am<br>Virtual Instructor   CS |
| <b>CYCLE EXPRESS</b><br>9-9:30am<br>Maryann   CS              | <b>CYCLE EXPRESS</b><br>9:15-9:45am<br>Romina   CS           | <b>GENTLE YOGA</b><br>8:30-9:30am<br>Heather B   MB       | <b>CYCLE EXPRESS</b><br>9:15-9:45am<br>Maryann   CS          | <b>TRX</b><br>8:30-9:15am<br>Heather H   MB                 |
| <b>RESISTA-BALL</b><br>9:30-10:15am<br>Maryann   GX           | <b>GENTLE YOGA</b><br>9:30-10:30am<br>Heather B   MB         | <b>CYCLE</b><br>9:15-10:15am<br>Kelly   CS                | <b>GENTLE YOGA</b><br>9:30-10:30am<br>Suzanne   MB           | <b>CARDIO BOOTCAMP</b><br>9:15-10am<br>Romina   GX          |
| <b>CYCLE EXPRESS</b><br>12-12:30pm<br>Bill   CS               | <b>STRENGTH &amp; STRETCH</b><br>10-10:30am<br>Jennifer   GX | <b>CARDIO SCULPT MIX</b><br>12-12:45pm<br>Heather H   GX  | <b>BOOTCAMP</b><br>12-12:45pm<br>Suzanne   GX                | <b>ZUMBA GOLD</b><br>1:30-2:30pm<br>Marci   GX              |
| <b>ZUMBA TONING</b><br>1:30-2:30pm<br>Lesa   GX               | <b>ZUMBA</b><br>10:35-11:35am<br>Jennifer   GX               | <b>SENIOR STRENGTH</b><br>1:30-2:30pm<br>Jennifer   GX    | <b>SENIOR YOGA</b><br>1:30-2:30pm<br>Heather B   MB          |   |
| <b>CYCLE SCULPT</b><br>4:30-5:30pm<br>Jillian   CS/GX         | <b>GENTLE YOGA</b><br>1:30-2:30pm<br>Heather B   MB          | <b>CYCLE</b><br>5:30-6:15pm<br>Marcy B   CS               | <b>CYCLE SCULPT</b><br>4:30-5:30pm<br>Jillian/Brooke   CS/GX |   |
| <b>POWER YOGA</b><br>5:30-6:30pm<br>Suzanne   GX              | <b>CARDIO SCULPT MIX</b><br>4:30-5:15pm<br>Felicity   GX     | <b>METKON RX</b><br>6:30-7:30pm<br>Melissa   GX           | <b>ZUMBA</b><br>5:30-6:30pm<br>Jennifer   GX                 |   |
|   | <b>PILOXING</b><br>5:30-6:30pm<br>Suzanne   GX               |   |  |   |

## SATURDAY

**METKON RX**  
8:30-9:30am  
Melissa | GX

**ZUMBA**  
10:15-11:15am  
Jennifer | GX

**STRENGTH & STRETCH**  
11:30-12pm  
Jennifer | 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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**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.

**FUNCTIONAL FLEXIBILITY:** Functional exercises and stretches to increase strength, flexibility and mobility.

**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.

**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.

**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.

**POWER YOGA:** 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!

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

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