



JANUARY GROUP EXERCISE SCHEDULE Effective 01/01/2023

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

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 FOR BEGINNERS: This beginner level TRX class teaches the proper techniques of how to use the TRX suspension training system, including strap adjustment, proper exercise form, and execution.

TRX BOOTCAMP: TRX is a form of suspension training that uses body weight exercises to simultaneously develop strength, balance, flexibility, and core stability. This advanced class incorporates high intensity interval training and a variety of equipment for a total body workout.

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!

THE HEALTH CLUB AT SOUTHPOINTE | healthclubatsouthpointe.com

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