

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOOTCAMP 5:30-6:30am Kelly GX	CYCLE SCULPT 6-6:45am Kelly GX	CYCLE BOOTCAMP 6-7am Jillian CS	CYCLE 6-7am Dave CS	BOOTCAMP 5:30-6:30am Kelly GX
CYCLE EXPRESS 9-9:30am Felicity CS	TRX BOOTCAMP 8:30-9:15am Heather H MB	VIRTUAL CYCLE 8-8:45am Virtual Instructor CS	CIRCUIT SWEAT 8:30-9:15am Heather H GX	VIRTUAL CYCLE 8-8:45am Virtual Instructor CS
RESISTA-BALL 9:30-10:15am f GX	CYCLE EXPRESS 9:15-9:45am Romina CS	TOTAL BODY SCULPT 8:30-9:15am Heather H GX	MAT PILATES 9:30-10:15am Suzanne GX	TRX BOOTCAMP 8:30-9:15am Heather H MB/GX
FUNCTIONAL FLEXIBILITY 9:30-10:15am Jennifer MB	YOGA 9:30-10:30am Heather B MB	YOGA 8:30-9:30am Heather B MB	SENIOR GENTLE YOGA 1:30-2:30pm Heather B MB	TOTAL BODY SCULPT 9:30-10:15am Heather GX
CARDIO BOOTCAMP 12-12:45pm Felicity GX	STRENGTH & STRETCH 10-10:30am Jennifer GX	CYCLE 9:15-10:15am Kelly CS	ZUMBA GOLD 2:30-3:30pm Marci GX	ZUMBA GOLD 1:30-2:30pm Marci GX
ZUMBA TONING 1:30-2:30pm Lesa GX	ZUMBA 10:35-11:35am Jennifer GX	CARDIO SCULPT MIX 12-12:45pm Heather H GX	CYCLE SCULPT 4:30-5:30pm Jillian/Brooke CS/GX	
CYCLE SCULPT 4:30-5:30pm Jillian CS/GX	GENTLE YOGA 1:30-2:30pm Heather B MB	SILVER SNEAKERS™: BOOM MUSCLE 1:30-2:30pm Eileen GX	ZUMBA 5:30-6:30pm Jennifer GX	
PILOXING 5:30-6:30pm Suzanne GX	CARDIO KICKBOXING 4:30-5:15pm Brooke GX	STRAIGHT-UP STRENGTH; LOWER BODY 5:30-6:15pm Alix GX		
	STRAIGHT-UP STRENGTH: UPPER BODY 5:30-6:15pm Alix GX	METKON RX 6:30-7:30pm Melissa 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

BUTTS, GUTS & INTERVALS
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-MindBody 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 KICKBOXING: Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle in this fun and challenging 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.

CIRCUIT SWEAT: Burn calories and boost your metabolism in this circuit-driven workout that incorporates a variety of equipment for a total body workout.

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.

CYCLE SCULPT: This class will have you burning calories on the bike and boosting your metabolism with sculpting 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.

MAT PILATES: Stretch and strengthen your body, build your core and tone from head to toe.

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!

SilverSneakers BOOM™ MUSCLE: Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health and functional skill.

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.

STRAIGHT-UP STRENGTH: Feel the burn as you work targeted areas of your body to build muscular endurance and core strength.

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.

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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