





BODY BAR FITNESS CLASS SCHEDULE ~ 412.364.8500

HOURS OF OPERATION: MONDAY – FRIDAY 6:30AM TO 8:00PM SATURDAY 8:00AM TO 4:00PM

NOTE: CLASSES AND CLASS TIMES ARE SUBJECT TO CHANGE. PLEASE CALL THE BODY BAR FOR MOST UP-TO-DATE INFORMATION.

FOR ADDITIONAL SERVICES AND MONEY SAVING COUPONS VISIT US ON-LINE @ WWW.BODYBAREXPERIENCE.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> • 8:00AM • YOGA • 12:30PM • LINE DANCING • 6:30PM • CARDIO SCULPT 	<ul style="list-style-type: none"> • 8:00AM • TURBO CORE • 9:15AM • ZUMBA • 10:30AM • SCULPT • 5:45PM • TURBO KICK • 6:45PM • ZUMBA 	<ul style="list-style-type: none"> • 8:00AM • YOGA • 5:15PM • BODY BAR PUMP • 6:30PM • ZUMBA 	<ul style="list-style-type: none"> • 8:00AM • PILATES • 9:15AM • ZUMBA • 10:30AM • SCULPT • 5:45PM • TURBO KICK • 6:45PM • ZUMBA 	<ul style="list-style-type: none"> • 8:00AM • BODY BAR PUMP <div style="border: 1px dashed black; padding: 5px;"> <p>NON-MEMBER CLASS PRICING:</p> <ul style="list-style-type: none"> • 1 CLASS - \$8 • 5 CLASSES \$40 GET 1 FREE! • 10 CLASSES \$80 GET 3 FREE! </div>	<ul style="list-style-type: none"> • 8:30AM • CARDIO SCULPT • 9:45AM • ZUMBA  <p>*THE BODY BAR CLOSSES @ 4:00PM ON SATURDAYS</p>
<p>All classes are FREE with Fitness Membership!</p>					

SILVER SNEAKERS CLASS SCHEDULE The Silver Sneaker's Fitness Program is the nation's leading exercise program designed exclusively for older adults who participate in the Highmark Freedom Blue, Security Blue, MediGap Blue, & HOP insurance programs. The exercise classes are designed to improve strength, flexibility and the ability to perform daily activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> • 9:15AM • CARDIO CIRCUIT SILVER SNEAKERS • 10:15AM • MUSCULAR STRENGTH RANGE OF MOVEMENT SILVER SNEAKERS • 11:15AM • CARDIO CIRCUIT SILVER SNEAKERS 	<ul style="list-style-type: none"> • 11:20AM • CARDIO FIT SILVER SNEAKERS • 12:15PM • YOGA SILVER SNEAKERS 	<ul style="list-style-type: none"> • 9:15AM • CARDIO CIRCUIT SILVER SNEAKERS • 10:15AM • MUSCULAR STRENGTH RANGE OF MOVEMENT SILVER SNEAKERS • 11:15AM • CARDIO CIRCUIT SILVER SNEAKERS 	<ul style="list-style-type: none"> • 11:30AM • CARDIO CIRCUIT SILVER SNEAKERS • 12:15PM • YOGA SILVER SNEAKERS 	<ul style="list-style-type: none"> • 9:15AM • CARDIO CIRCUIT SILVER SNEAKERS • 10:15AM • MUSCULAR STRENGTH RANGE OF MOVEMENT SILVER SNEAKERS • 11:15AM • CARDIO CIRCUIT SILVER SNEAKERS 	<p>NO SILVER SNEAKERS CLASSES AT THIS TIME</p>

ZUMBA: Zumba is Columbian slang meaning “to move fast to music”. Motivating music, makes this exercise class fun and easy to do! Zumba is an intense workout based around Latin dance steps, which may include Meringue, Salsa, Hip-Hop, Mambo, and more. This is the most fun you will ever have exercising!

CARDIO SCULPT /TOTAL BODY: Great heart-pumping, fat burning, cardio workouts that is designed to reshape and tone your muscles. These total body conditioning, with a hardcore cardiovascular workouts are followed by a complete resistance training program.

KICKBOXING, TURBO KICK & TURBO CORE: Jab, hook and kick your way to improved cardiovascular fitness and great muscle definition. Turbo Core utilizes similar movements focusing on the core muscle group.

BODY BAR PUMP: Using dumbbells this class effectively strengthens all the major muscle groups. Classic weight room exercises – curls, squats, lifts & presses challenge you to a better body.

PI YO: Enjoy the perfect blend of Pilates, Yoga, Sports & Dance Stretch and Athletics fused into one unique class.

YOGA: The word “yoga” means union, union of the mind, body and spirit! Yoga involves postures or “asanas” that energize and tone the body. Yoga trains the mind to focus and be fully present through concentration and deep relaxation. It does not take years of training to experience the soothing, refreshing and invigorating experience of a yoga session. This class is appropriate for all levels and offers a safe and contemporary approach to this classical discipline.

PILATES & PILATES BLEND: Using the principles of Joseph H. Pilates, this class focuses on the development of strong core abdominal, back and pelvic area muscles for better overall functioning of the body as a whole. Pilates helps to develop strong muscles, good posture, a flatter abdomen, proper breathing, stability and balance. Strengthen, firm and tone every muscle group!

LINE DANCING: This class is for all those who enjoy dancing or always wanted to learn some of the most popular line dances. This class is designed for both men and women but you don't need to have a partner. Good exercise and lots of fun!