

BODY BAR FITNESS CLASS SCHEDULE ~ 412.364.8500

Classes, class times and instructors are subject to change. Classes are held @ the McKnight Road location.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>•8:00AM • YOGA W/NANETTE</p> <p>•9:15AM • CARDIO CIRCUIT SILVER SNEAKERS W/NANETTE</p> <p>•10:15AM • MUSCULAR STRENGTH RANGE OF MOVEMENT SILVER SNEAKERS W/ NANETTE</p> <p>•11:15AM • CARDIO CIRCUIT SILVER SNEAKERS W/ NANETTE</p> <p>•12:30PM • LINE DANCING W/ SHIRLEY</p> <p>•6:00PM • CARDIO SCULPT W/ MEGAN</p> <p>•7:00PM • YOGA W/ MICHELE</p>	<p>•8:00 AM • BARRE W/SHARON</p> <p>•9:00AM • ZUMBA® W/ BETTY</p> <p>•10:15AM • FUSION W/ ANGIE</p> <p>•11:15AM • CARDIO FIT SILVER SNEAKERS W/ ANGIE</p> <p>•12:15AM •YOGA SILVER SNEAKERS W/ Mick</p> <p>•6:00PM • TOTAL BODY & AB WORK W/ GINA</p> <p>•7:00PM • ZUMBA® W/ KAREN</p>	<p>•8:00AM • YOGA W/NANETTE</p> <p>•9:15AM • CARDIO CIRCUIT SILVER SNEAKERS W/NANETTE</p> <p>•10:15AM • MUSCULAR STRENGTH RANGE OF MOVEMENT SILVER SNEAKERS W/ NANETTE</p> <p>•11:15AM • CARDIO CIRCUIT SILVER SNEAKERS W/ NANETTE</p> <p>•12:15PM • ZUMBA® GOLD SILVER SNEAKERS W/ ANGIE</p> <p>•6:00PM • CARDIO SCULPT W/ BETTY</p> <p>•7:00PM • CARDIO DANCE PARTY W/ CRYSTAL</p>	<p>•8:00 AM • CIRCUIT TRAINING W/ FRED</p> <p>•9:00AM • ZUMBA® W/ BETTY</p> <p>•10:15AM • FUSION W/ ANGIE</p> <p>•11:15AM • CARDIO FIT SILVER SNEAKERS W/ ANGIE</p> <p>•12:15AM • YOGA SILVER SNEAKERS W/ Mick</p> <p>•6:00PM • TOTAL BODY & AB WORK W/ GINA</p> <p>•7:00PM • ZUMBA® W/ KAREN</p>	<p>•8:00AM • CARDIO SCULPT W/ BETTY</p> <p>•9:15AM • CARDIO CIRCUIT SILVER SNEAKERS W/NANETTE</p> <p>•10:15AM • MUSCULAR STRENGTH RANGE OF MOVEMENT SILVER SNEAKERS W/ NANETTE</p> <p>•11:15AM • CARDIO CIRCUIT SILVER SNEAKERS W/ NANETTE</p>	<p>•8:00AM • 15/15/15 W/ BETTY</p> <p>•9:00AM • ZUMBA® W/ BETTY OR KAREN</p> <p>•10:15AM • KICKBOXING W/ GINA</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p>CLASS PRICING:</p> <p>• 1 CLASS - \$10</p> <p>• 5 CLASSES \$50 GET 1 FREE!</p> <p>• 10 CLASSES \$100 GET 3 FREE!</p> </div>
<p>Classes are FREE with your Gym Membership!</p> <p><i>LATEST REVISION: FEBRUARY 20, 2019</i></p> <p><i>CLASSES, CLASS TIMES, AND INSTRUCTORS ARE SUBJECT TO CHANGE. QUESTIONS: PLEASE CALL TO CONFIRM: 412.364.8500</i></p>					

- **15/15/15:** This 45-minute total body sculpting class consists of 15 minutes of aerobics, followed by 15 minutes of toning, and 15 minutes of core strengthening.
- **BARRE:** Sculpt, tone & slim your entire body with this mix of Pilates, dance, yoga and functional training moves, that focus on your core using the ballet barre.
- **CARDIO DANCE PARTY:** Do you like to dance and have fun? Then we've got your class! This energetic fusion of Belly Dancing, Latin Dance, Hip Hop & Bally inspired dance is designed to burn fat and increase stamina! Let's Dance!
- **CIRCUIT TRAINING:** Circuit Training is a class for all fitness levels and abilities. Resistance, cardio-metabolic, and core training engages all muscle groups, leaving you feeling energized!
- **FUSION:** While utilizing resistance bands, free weights, and stability balls Fusion aims to tone everyone from beginners to advanced fitness fanatics alike.
- **KICKBOXING:** A combination of athletic movements, strength, cardiovascular basic kickboxing techniques, & abdominal workout to develop endurance, conditioning & stamina.
- **LINE DANCING:** This class is for all those who enjoy dancing or always wanted to learn some of the most popular line dances. The class is designed for both men & women, but you don't need to have a partner. Good exercise and lots of fun!
- **SCULPT:** This great heart-pumping, fat burning, cardio workout is designed to reshape and tone your muscles. These total body conditioning, hardcore cardiovascular workouts are followed by a complete resistance training program.
- **TOTAL BODY & ABS:** A cardio core workout that burns fat, tones abdominal muscles, maintains a strong core, and improves posture. Bring your mat!
- **YOGA:** 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. This class is appropriate for all levels and offers a safe and contemporary approach to this classical discipline.
- **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, including Meringue, Salsa, Hip-Hop, Mambo & more. **ZUMBA GOLD® for Seniors:** An easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class geared to seniors that feels fresh, and most of all, exhilarating!