

GROUP X STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 – 7:00a.m. (Pam)		6:00 – 7:00a.m. (Pam)		8:00 – 9:00a.m. (Rotating Team) *New Start Time	
8:30-9:30a.m. (Marilynne)	9:15 – 10:15 a.m. (Jolene) *Mind & Body Studio -New Class Day/Time	8:30- 9:30a.m. Pump-N-Step (Janet)	9:15 – 10:15a.m. Circuit Training & Boxing (Janelle)	8:30 – 9:30a.m. (Sarah)	9:05 – 10:05a.m. (Rotating Team) *New Start Time	
9:35 – 10:35a.m. (Dori)	9:15 – 10:15a.m. (Dori)	9:35 – 10:35a.m. Total Fit (Heidi)	10:20 – 10:50a.m. Xpress BodyStep (Marilynne)	9:35 – 10:35a.m. (Janet)	10:10 – 11:10 a.m. (Rotating Team) *New Start Time	10:30 – 11:30a.m. (Janet)
			10:00-10:45a.m. SilverSneakers® YogaStretch (Kelly) -Mind/ Body Studio			
11:00 – 12:00p.m. Silver Sneakers® Cardio Circuit (Lisa)	11:00 – 12:00p.m. Silver Sneakers® MSROM (Dori)	11:00 – 12:00p.m. SilverSneakers® Cardio FITT (Dori)	11:00 – 12:00p.m. Silver Sneakers® MSROM (Marilynne)	11:05-11:50a.m. (Jolene)		
4:15 – 5:15p.m. Pump'N Step (Janet)	5:15 – 5:45 p.m. Core Attack (Danielle) *Mind & Body Studio	4:30– 5:15p.m. Bosu & More (Sarah)	4:45 – 5:15p.m. Core Attack (Lindsey)	Friday Night @ 5:45 – 6:45 p.m. *Mind & Body Studio		
5:30 – 6:25p.m. (Jamie)	5:30 – 6:30 p.m. (Melissa)	5:30 – 6:30p.m. (Allison)	5:30 – 6:30p.m. (Melissa) *New Start Time	Friday Night 5:30 – 6:30p.m. Oct. 21 st Nov. 4 th and 18 th Dec. 2, 16, and 30 th Jan. 13 th and 27 th		
6:25 – 7:25p.m. (Allison/Sarah)	6:30 – 7:30p.m. (Kim)	6:30 – 7:25p.m. Boot Camp/ Power Circuit (Jaret)	6:30 – 7:30p.m. (Jayme) *New Start Time			
7:30 – 9:00p.m. HIGHMARK Lecture Series	Karate @ 7:30p.m. <i>*On-Site Martial Arts</i>	7:30 – 8:15p.m. KidzFITT BootCamp Ages 8 and up (Lindsey)	Karate @ 7:30p.m. <i>*On-Site Martial Arts</i>			

CYCLING STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00a.m. Interval Cycling (Linda)		6:00 – 7:00a.m. Interval Cycling (Jen)		6:00 – 7:00a.m. Interval Cycling (Jen)	8:30 – 9:30a.m. Interval Cycling (Rotating Team)	
	9:15 – 10:00a.m. Interval Cycling (Heidi)	9:15 – 10:00a.m. Interval Cycling (Dori)		9:15 – 10:00a.m. Interval Cycling (Steph)		9:30 – 10:30a.m. Interval Cycling (Rotating Team)
5:30- 6:00 p.m. Xpress Cycling (Heather)		5:30 – 6:15p.m. Interval Cycling (Lindsey)	5:30 – 6:15p.m. Interval Cycling (Lindsey)	Friday Night Cycle 5:30 – 6:30 p.m. Oct. 28 th Nov. 11 th and 25 th Dec. 9 th and 23 rd Jan. 6 th and 20 th		
6:10 – 7:00p.m. Interval Cycling (Heather)	6:00 – 6:45p.m. Interval Cycling (Beth) *New Start Time					

MIND & BODY STUDIO


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:30p.m. Basic Vinyasa Yoga (Camilla) -New Class	8:00 – 9:00a.m. Hatha Flow Yoga (Kelly)		9:00 – 9:45 a.m. Creative Pilates (Marilynne) *New Class	9:00 – 10:00a.m. Basic Vinyasa Yoga (Anthony)	9:00- 10:00a.m. Magic Circle Pilates (Tom)	9:15-10:15 a.m. (Rotating Team) *New Start Time
9:45- 10:45a.m. (Marilynne)	9:15 – 10:15 a.m. (Jolene) *Mind & Body Studio	9:45- 10:45a.m. (Rachel)	10:00– 10:45a.m. Silver Sneakers® YogaStretch (Kelly)	10:45 – 11:30a.m. Creative Pilates (Janet)	10:30 -11:30a.m. Multi Level Yoga (Jacinda) *New Class -Starts Oct. 29th	
		1:00 – 3:00p.m. HIGHMARK Lecture Series	12:15 – 1:15p.m. Basic Vinyasa Yoga (Todd)			
5:30 – 6:30p.m. (Janet)	5:15 – 5:45 p.m. Core Attack (Danielle)	5:00 – 6:00p.m. Basic Vinyasa Yoga (Susan)	5:15 – 6:15pm Multi Level Yoga (Anthony)	5:45 – 6:45 p.m. (Jolene)		
6:30 – 7:30 p.m. Traditional Mat Pilates (Tom)	6:00 – 7:00p.m. Multi Level Yoga (Jacinda)		THURS Night @ 6:30 – 7:15p.m. (Jolene)			
7:30 – 8:30p.m. Yoga for Breast Cancer Survivors (Kelly Border)			7:30 – 8:30p.m. (Allison) -New Time			

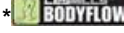
KidzFitt Class...Zumba 4 Kidz

Group Exercise Class Descriptions:


Classes marked with a (*) are perfect for those new to fitness or have taken a hiatus from group fitness!

***Basic Vinyasa Yoga:** This class is crafted to create a balanced and invigorating practice for all students with postures that will purify your body and a steady breathing that will soothe your mind.

 **BODYCOMBAT:** This fiercely energetic program is a mix of non-contact kickboxing and martial arts. It's driven by the music and the powerful role-model instructors. You will be punching, kicking, and striking your way through calories to superior cardio fitness

 **BODYFLOW:** the yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

 **BODYPUMP:** Challenge yourself with the original barbell workout that strengthens and tones your entire body.

 **BODYSTEP:** An energizing step workout that makes you feel liberated and alive. Using a height adjustable step and simple movements on, over and around the step you get huge motivation from the sing-a-longs songs. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Boot Camp: The ultimate combination of calorie burning drills and powerful strength moves that will be sure to give you a great upper and lower body workout.

Bosu & More: The Balance Trainer is a stability ball that's been cut in half with a platform on the bottom. The Bosu will be used as a cardio tool as well as a lower body and core strengthener. Medicine balls, body bars, and hand weights will be used as fitness tool along with the balance trainer.

Circuit Training/Boxing: Circuit train your way through a variety of fitness stations for the 1st part of class and finish with bouts of boxing on our stationary boxing bags!

***Core Attack-** Blast your core from the inside out. The perfect class to compliment your workout and to help define the midsection!

***Creative Pilates:** Creative Pilates combines Traditional Pilates with some unique fitness toys to aid in a great total body workout.

Hatha Flow Yoga: attempts to balance mind and body via physical postures or "Asanas", purification practices, controlled breathing, and the calming of the mind. All levels are welcome and modifications can be made.

Highmark Lecture Series-Valhalla, in conjunction with Highmark Insurance Company, will be hosting a series of health related lectures each month. Topics will include: Discover Relaxation, Eat Well for Life, Smoking Cessation and Osteoporosis just to mention a few. Most Highmark card holders are eligible to attend for free. All other insurance carriers are welcome to attend, but a small fee will be applied. *Please see Debbie in our Sales Department for more details.

***Interval Cycling:** A group cycling class geared to increase cardiovascular endurance and muscular strength. Great music-Great motivation= Great Results!


KidzFITT BootCamp: An exercise class just for kidz ages 8 and up! Participants will be introduced to weight training, cardio training and core strength during this interactive class. Strength stations and cardio circuits are specially designed for kids! No membership necessary...just purchase our KidzFITT Punchcards!


***Magic Circle Pilates:** Love Traditional Mat Pilates...Then try it with the aid of a Pilates Ring. This fitness prop will enhance and intensify your Pilates workout!


***Multi Level Yoga:** Yoga for all levels and ranges of flexibility! Everyone is welcome!


***Pump 'N Step:** BodyPump meets Step in this interval workout. One track of BodyPump alternated with one track of BodyStep...how fun does that sound?

***Total Fit:** A perfect blend of toning, Pilates and light cardio for a total body conditioning. An excellent choice for any fitness level!

 **MSROM:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

 **CARDIO CIRCUIT:** Combine fun with fitness to increase your cardio and muscular endurance power with a standing circuit workout, Upper body strength work with hand-held weights, elastic tubing and a SilverSneakers ball is alternated with non-impact aerobic choreograph. A chair is optional and is offered for support, stretching, and relaxation.

 **CARDIO FITT:** Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

 **YOGASTRETCH:** YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

***Traditional Mat Pilates:** This traditional style of Pilates will offer a total body workout while focusing on the "core muscles". It is designed to increase strength and flexibility while relieving stress and tension.

Wunda Chair: The Wunda Chair is a piece of Pilates equipment designed & developed by Joseph Pilates. Such a simple tool can do so much for your body. Enhance your Pilates Practice...Limited to 2 participants.

***Xpress Cycling:** This ½ hour class is a great quick, cardio workout...perfect for those new to cycling or those who want a great cardio workout in ½ the time!

***Xpress BodyStep:** BodyStep at its finest, but in half the time!

***Zumba-** The hottest new dance/aerobics craze that is spreading world wide. Zumba infuses Latin and international music to easy-to-follow dance moves that creates a dynamic and exciting fitness class. Sure to bring a smile to your face!

***ZumbAtomic-**The crazy-cool dance-fitness workout for kids (ages 8-15) set to hip-hop, salsa, reggaeton and more. Join The Party!

***Zumba Gold-** Zumba Gold is a lower-impact, easy-to-follow, Latin-inspired dance fitness party that keeps you in the groove of life. A perfect choice for someone that is new to Zumba or even new to fitness.