








Class Schedule

www.FitnessErie.com
(814) 459-3033

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	5:30 BODYPUMP <i>Mary R.</i>	5:30 SPINNING <i>Mary R.</i>	5:30 BODYPUMP <i>Chris H.</i>			
					7:00 Pilates <i>Annette</i>	
8:00 SPINNING <i>Chris H.</i>	8:00 Yoga <i>Pat</i>	8:00 Yoga <i>Cathleen</i>	8:00 Yoga <i>Pat</i>	8:00 SPINNING <i>Annette</i>	8:00 SPINNING <i>Traci T.</i>	8:00 SPINNING <i>Mary R.</i>
9:00 Zumba <i>Peggy S.</i>	9:00 BODYPUMP <i>Chris H.</i>	9:00 Zumba Toning <i>Peggy S.</i>	9:00 BODYPUMP <i>Carol</i>	9:00 Zumba <i>Peggy S.</i>	9:00 BODYPUMP <i>Chris H.</i>	9:00 BODYPUMP <i>Mary R.</i>
10:00 Yoga <i>Cathleen</i>	10:00-10:30 CXWORX <i>Chris H.</i>	10:00 Pilates <i>Kim</i>	10:00-10:30 Spin Velocity <i>Carol</i>	10:00 Chair Yoga Flow <i>Kim</i>	10:00-10:30 CXWORX <i>Chris H.</i>	
11:00 Silver Sneakers <i>Mary R.</i>	10:30 Senior Fitness <i>Joan</i>	11:00 Senior Fitness <i>Karle</i>	10:30 Silver Sneakers <i>Mary R.</i>	11:00 Senior Fitness <i>Mary</i>	10:30 SPINNING <i>Sarah</i>	
12:00 Yoga <i>Kim</i>	12:00 Zumba <i>Lisa</i>		12:00 Yoga <i>Kim</i>	12:00 BODYPUMP <i>Kelle F.</i>	11:30 Yoga <i>Pat</i>	
4:00 BODYPUMP <i>Kelle F.</i>		4:00 SPINNING <i>Traci T.</i>	4:00-4:30 Tabata <i>Sonja</i>			
	4:30 SPINNING <i>Annette</i>		4:30 BODYPUMP <i>Sonja</i>	4:30 TOTAL BODY CONDITIONING <i>Kylie</i>	    	
5:00 Step <i>Evan</i>	5:30 Pilates <i>Annette</i>	5:00 BODYPUMP <i>Carol</i>	5:30 Core Strength <i>Annette</i>			
6:00 SPINNING <i>Traci T.</i>	6:30 BODYPUMP <i>Chris H.</i>	6:00 SPIN-MX <i>Sarah</i>	6:30 SPINNING <i>Annette</i>	6:00 Yoga <i>Jennifer</i>		
7:00 Zumba <i>Maria B.</i>	7:30-8:00 CXWORX <i>Chris H.</i>	7:00 Zumba <i>Maria B.</i>		7:00 Zumba <i>Juan</i>		

*Classes Subject To Change

Class Descriptions



SPINNING - Energize your day with indoor cycling, with a focus on endurance, strength and calorie burning. Experience speed, high intensity and recovery intervals. More info at www.spinning.com.



SPIN-MX - a unique mix alternating intense spinning with exercises off of the bike for a total body workout.



SPIN VELOCITY - Achieve fast results with quick bursts of intensity working as hard as possible, followed by periods of rest as you prepare for the next effort. You will achieve increases in your fitness and burn calories for hours after each workout!



BODYPUMP – Pump-up your fitness with this weight based group fitness program. Target eight separate muscle groups for a full body workout including a warm-up and cool down. Your certified instructor will coach your form and motivate you through squats, lunges, bicep curls, chest and shoulder presses to name a few. Add CXWORX for extra core focus. More info at www.lesmills.com.



Zumba - Dance your way to fitness with this high energy class, a motivating instructor and great music. More info at www.zumba.com.



Step - Target your hips, thighs, abdominals, and glutes in this high energy Step class. Time flies and you burn 30-60% more calories than a traditional aerobics class.



Tabata - Switch up your training for an exciting challenge. Alternate periods of short intense aerobic exercise with less intense recovery periods for a complete workout.



Yoga - Enjoy the benefits of spending one hour truly centered and in the moment. Practice physical postures that reduce stress, increase flexibility and improve balance.



Pilates - Strengthen your body from the core. Experience postures focused on challenging core muscles and stabilizers.



Chair Yoga Flow - Get a little help from your chair as you practice exercises and postures to benefit your health.



SS Class - Join your certified Silver Sneakers Instructor for a class specifically designed for you. More info at www.silversneakers.com.



Senior Fitness - Join our many active and fit senior members for fun and variety, helping you stay happy and healthy.



Core Strength - Strengthen your core while improving balance. A mix of core stabilizing exercises using weights along with balance to increase core strength.



Total Body Conditioning - This motivating and energetic class will push you to your best by offering challenging exercises incorporating strength, cardio and core segments for a total body workout. This class will challenge you to make the most of every workout and improve your overall fitness.

FACILITY HOURS:

Monday-Thursday: 5:00am - Midnight

Friday: 5:00am - 10:00pm

Saturday: 6:00am - 6:00pm

Sunday: 6:00am - 6:00pm

BABYSITTING HOURS:

Minimum Age: 1 Year, 2 Hour Limit

Monday-Friday: 7:45am - 1:00pm

3:15pm - 8:00pm

Saturday: 7:45am - Noon

Sunday: Closed