

# Studio Aerobics Schedule

SEPTEMBER 2020



CHANGING THE WAY  
— YOU SEE FIT —

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM	6:15a - 7:00a <b>BODY SCULPT</b> with Megan (B, M/A)	6:00a - 7:30a <b>YOGA</b> with Angie (B/M, M)	6:00a - 7:00a <b>PILATES</b> with Gina (B, B/M)	6:00a - 7:00a <b>STEP</b> with Megan (B, M/A)	6:00a - 7:00a <b>MORNING MADNESS</b> with Mike (M, M/A)		
7 AM	7:30a - 8:30a <b>PILATES</b> with Angie(B,B/M)				7:30a - 8:30a <b>PILATES</b> with Angie (M,B/M)		
8 AM				8:30a - 9:45a <b>EVERYTHING BUT...</b> with Mike (M, M/A)		8:00a - 8:45a <b>STEP</b> with Cindy (A, A) Begin. (wks 1,3) Adv. (2,4)	8:15a - 9:00a <b>BOOT CAMP</b> (wks 1,3,5) <b>BODY SCULPT</b> (wks 2,4) with Angie (M, M)
9 AM		9:30a - 10:30a <b>EVERYTHING BUT...</b> with Mike (B, B/M)			9:00a - 9:45a <b>ZUMBA!® TONE</b> with Angie (B, B/M)	9:00a - 9:45a <b>POUND</b> with Cindy (M, M)	9:30a - 10:30a <b>PILATES / BARRE</b> with Angie (B,M)
10 AM			10:30a - 11:30a <b>SENIORS GONE WILD!</b> with Mike (B, B/M)				
11 AM				11:15a - 12:15p <b>BALANCE</b> with Mike (B, B)		11:30a - 12:30p <b>ZUMBA!®</b> with Tierney(M, M)	11:00a - 12:30p <b>LOW LIGHT YOGA</b> w/Angie (M, M)
NOON	12:30p - 1:30p <b>BALANCE</b> with Mike(B,B)		Noon - 1:00p <b>SENIOR FITNESS</b> with Mike (B, B)		12:15p - 1:15p <b>SENIOR FITNESS</b> with Mike (B, B)		
1 PM		1:00p - 2:00p <b>SENIOR CARDIO BLEND</b> with Patty D. (B, B)				12:45p - 1:45p <b>HIIT</b> with Alex (M, M)	
2 PM	2:00p - 3:00p <b>CHAIR YOGA</b> with Patty (B, B)						
3 PM			3:30p - 4:30p <b>BASIC YOGA</b> with Angie (B, M/B)				
4 PM	4:00p - 5:00p <b>BODY SCULPT</b> with Angie (B, M)	4:00p - 4:45p <b>BODY SCULPT</b> with Emily (B, A)		4:00p - 4:45p <b>BARRE</b> with Angie (B, M)	4:00p - 5:00p <b>KETTLEBELL</b> with Angie (B, M/A)		
5 PM		5:15p - 6:00p <b>ZUMBA!® TONE</b> with Angie (M, M)	5:30p - 6:15p <b>JUMP &amp; PUMP</b> with Joy (B, A)	5:15p - 6:15p <b>HIIT</b> with Alex(B/M, MA)	5:30P - 6:30P <b>ZUMBA!®</b> with TIERNEY (B, B/M)		
6 PM	6:00p - 6:45p <b>H.I.I.T.</b> with Joy (M, A)	6:15p - 7:00p <b>KICKBOX</b> with Cindy (M, M)	6:30p - 7:45p <b>CARDIO H.I.I.T.</b> with Joy (B, A)	6:45p - 7:45p <b>HEAVY BEATS</b> with Cindy (M, M)			
7 PM	7:00p - 7:45p <b>PUMP IT UP</b> with Joy (M, M)	7:15p - 8:15p <b>HIIT</b> with Alex(B/M, MA)					
8 PM							

**During Phase 2 Reopening:**  
Group Fitness events are limited to  
**20 PER CLASS CAPACITY**  
**Appointment by phone is**  
**required to reserve your space in**  
**a class** (no more than 12 hours prior  
please). Call 412-366-1931 to  
schedule a time. *As of July 2, 2020,*  
*face coverings are now required to be*  
*worn during group fitness classes.*

Choreography, Intensity: B=Basic, M=Moderate, A=Advanced

## CLASS DESCRIPTIONS:

**3-2-1 FIT!**: 3 minutes to get your heart pumping followed by 2 minutes of conditioning drills to push you to the limit - then 1 minute to keep moving until we do it all over again! This class is a high energy fast paced workout with fun and easy to follow choreography. Sometimes we will use light weights in the workouts.

**ABSOLUTION**: Focuses on the core muscles that support your entire body. Encourages beneficial stretching to lengthen and relax your muscles before and/or after a workout.

**ADVANCED STEP**: Have fun and get a great workout with energizing step patterns that will be sure to work your heart and lungs, while targeting your lower body. Explore advanced steps and routines.

**BALANCE**: A class for seniors that's beneficial to improving or maintaining balance through a variety of exercises and poses.

**BARRE**: Barre combines elements of Pilates, dance, yoga, and functional training in a fun and energizing workout that will slim, stretch, and strengthen your entire body! Barre equipment is provided.

**BODY SCULPT**: This class utilizes light weights and repetitive movements to develop lean muscle while increasing strength and overall endurance.

**CARDIO FUSION**: This 'down-to-the-ground' aerobic workout is a fun and energetic mix of floor combinations, aerobics, toning and stretching designed to strengthen your cardio endurance.

**CHAIR YOGA**: We don't sit on the floor or take our shoes off. We use a chair for support and focus on flexibility, balance, range of movement, mind/body integration, using breathing more effectively. Ends with meditation session.

**EVERYTHING BUT....**: This class is designed for those who don't necessarily want a choreographed routine, but still want a vigorous workout. It's 75 minutes that includes everything but the kitchen sink.

**EXTREME CIRCUIT**: Extreme Circuit is a class designed to deliver cardio AND resistance training in 1 hour! Participants will rotate through stations in 30 second intervals, switching between muscle strengthening exercises and aerobics. The class may be intense, but very adaptable to different levels!

**FRIDAY MORNING MADNESS**: A high-energy session of anything goes cardio exercises to get your body moving and your blood pumping.

**HEAVY BEATS**: A fast 50 minutes that shifts continuously from weight training to cardio and back again, with the BEAT always in the forefront. Feel the base while we lift together and then break for hi-low cardio done to old school funk, driving disco and classic rock. Saturday night fun on a Saturday morning!

**HIIT & CARDIO HIIT**: This **High Intensity Interval Training** class is designed to deliver a total body workout and muscle burn that combines all the benefits of cardio and resistance training for all fitness levels.

**HIPBOX**: HIPBOX combines authentic basic boxing skills with the fun and energy of dance fitness. Make them miss with breaks, slips, bobs, and weaves - and make them pay with jabs, crosses, hooks, and uppercuts. Born in NYC and developed by fighters for **everyone**, this syncopated rhythm and flow of shadowboxing looks like fighting and feels like dancing! Only with Deawna Alfonsi.

**JUMP & PUMP**: A fun and energetic interval class that combines jumping rope and body sculpting. This is truly the perfect cardio combo!

**KETTLEBELL**: Using weighted kettlebells and quick movements, this workout includes squats, lunges, crunches, and other moves that work your abs and other major muscle groups to burn up to 600 calories in 30 minutes!

**KICKBOXING**: This is a powerful aerobic workout that uses sharp movements and kicking from the fighting style of kickboxing.

**PILATES**: A mind/body workout that teaches body awareness and good posture. It will improve your flexibility, agility and strength, and is particularly beneficial for the abs and lower back.

**PILATES SCULPT**: Using props throughout, Pilates Sculpt focuses on proper form and alignment incorporating Pilates exercises to gain flexibility and develop long, lean muscles.

**PILOXING® SSP**: A non-stop cardio fusion of Standing Pilates, Boxing and Dance that's gaining popularity worldwide. The program blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. These techniques are also supplemented with fun dance moves and weighted gloves, further toning the arms and maximizing cardiovascular health.

**PiYo**: This is a unique blend of Pilates, Yoga, Dance Training and Sports Conditioning that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced.

**POUND®**: A full-body cardio jam session, combining light resistance with constant simulated drumming using lightly weighted RipStix. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

**PUMP IT UP!**: Increase your strength, muscle tone, and endurance with this total body workout that utilizes free weights, body bars, and resistance tubing.

**RavEnergy!**: RAvEnergy! is a cardio dance-based workout using hot American beats with songs you hear on the radio today or ones you still LOVE from back in the day. Expect a nightclub feel and amped-up energy to deliver a fitness experience unlike ANY you've ever had before! And don't worry - NO EXPERIENCE REQUIRED - just be willin' to shake whatcha got and you're good to go!

**SENIOR FITNESS**: A class designed to enhance your balance, strength, and flexibility. An emphasis on joint mobility and stretching for those over 50. Learn exercise techniques that will help you improve your level of fitness and prevent injuries.

**SENIOR CARDIO BLEND**: An eclectic mix of cardio and resistance training for a total body workout.

**SENIOR YOGA**: A mind/body class that enhances your balance, strength, and flexibility. Emphasis on joint mobility and stretching for those over 50. Learn breathing and relaxation techniques to ease the stress of your busy day.

**STEP**: This class offers a combination of step, floor aerobics, kickboxing and bootcamp drills. You can enjoy the benefits of cardio involving all muscle groups. And the choreography is fun and easy to learn.

**TABATA KICKBOX**: A powerful aerobic workout that uses sharp movements and kicking from the fighting style of kickboxing and incorporates short rounds of Tabata Interval Training to burn up to 5x more calories after class.

**TURBO KICK®**: Turbo Kick LIVE combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken.

**YOGA**: A mind/body class that enhances your balance, strength, and flexibility. Learn breathing and relaxation techniques to help ease the stress of your busy day. Aroma Yoga uses therapeutic scents to help with relaxation.

**YOGA: LOW-LIGHT**: A relaxing mind/body class in a dimly illuminated environment that enhances your balance, strength, and flexibility. Learn breathing and relaxation techniques to help ease the stress of your busy day.

**YOGA: INTRO TO**: This mind/body class is an excellent introduction to all of the benefits of yoga - including poses, breathing, and relaxation techniques used in our regular scheduled yoga classes.

**YOGA / YOGA BALL**: This unique class combines working on the stability ball for balance and strength with the enhanced conditioning benefits of yoga.

**ZUMBA!®**: An exciting fusion of Latin and International music styles that delivers an energizing interval training routine. Taught by certified ZUMBA!® instructors.