



GROUP FITNESS SCHEDULE

March 4 – March 31

www.myairfitness.com for rates and class descriptions

EC AIR FITNESS STAFFED HOURS

Monday	8am-8pm
Tuesday	8am-8pm
Wednesday	8am-8pm
Thursday	8am-8pm
Friday	8am-5pm
Saturday	8am-1pm
Sunday	No Staff

DOOR ACCESS 4:30am-11pm DAILY
Sign-ups during Staffed Hours only!

MONDAY-Ellwood City

7:30am Power Max
8:30am RIP
9:45am Silver n Fit
10:45am Silver n Fit
11:30am Gentle Yoga
3:30pm TRX
5:30pm Tai Chi
6:30pm CARDIO+

TUESDAY-Ellwood City

9:00am Barre and Burn
10:15am Zumba Gold
11:15am Chair Zumba
5:30pm Battle Fit Boot Camp
6:30pm Yoga Basic & Beyond

WEDNESDAY-Ellwood City

7:30am Power Max
8:30am RIP
9:30am Barre and Stretch
10:15am Silver n Fit
5:30pm AIR Spin
6:30pm Metkon Rx
(Metabolic Conditioning)

THURSDAY-Ellwood City

8:00am **AIR Spin/Step**
9:00am Transform Yoga
10:15am Zumba Gold
11:15am Chair Zumba
5:45 Power Punch
6:30pm Barre and Burn
March 7 & 21 Spin
March 14 and 28 Step

FRIDAY-Ellwood City

8:00am Power Max
9:15am Silver n Fit

SATURDAY-Ellwood City

8:00am RIP
9:00am AIR Spin
10:15am Intro to Yoga

NEW CASTLE

Tuesday

2:30 pm Arthritis Exercise
3:45 pm AquaZumba

Thursday

9:30 am Posture, Strength and Balance
1:00 pm Aqua Zumba
2:15 pm Arthritis Exercise

Friday

2:45 pm Chair Zumba
3:45 pm Aqua Zumba

Saturday

8:45 am Zumba
9:45 am AquaZumba
No classes 3/28 – 4/2

(Easter w-end)

(CLASS LIMIT OF 8 FOR AQUA ZUMBA)

1807 Mercer Road, Ellwood City
724.758.3338

2610 Ellwood Road, New Castle
724.333.8034