



# GROUP FITNESS SCHEDULE

## May 6 – June 2

[www.myairfitness.com](http://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!

<u>MONDAY-Ellwood City</u>	
7:30am	Power Max
8:30am	RIP
9:45am	Silver n Fit
10:45am	Silver n Fit
11:30am	Gentle Yoga
3:30pm	TRX
6:30pm	CARDIO+

<u>TUESDAY-Ellwood City</u>	
9:00am	Barre and Burn
10:15am	Zumba Gold
11:15am	Chair Zumba
5:30pm	Battle Fit Boot Camp
6:30pm	Yoga Basic & Beyond

<u>WEDNESDAY-Ellwood City</u>	
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)

<u>THURSDAY-Ellwood City</u>	
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
Spin: May 16 & 30	
Step: May 9 & 23	

<u>FRIDAY-Ellwood City</u>	
8:00am	Power Max
9:15am	Silver n Fit

  

<u>SATURDAY-Ellwood City</u>	
7:15am	TRX
8:00am	RIP
9:00am	AIR Spin
10:15am	Intro to Yoga

<u>NEW CASTLE</u>	
<u>Tuesday</u>	
2:30 pm	Arthritis Exercise
3:45 pm	AquaZumba
<u>Thursday</u>	
9:30 am	Posture, Strength and Balance
1:00 pm	Aqua Zumba
2:15 pm	Arthritis Exercise
<u>Friday</u>	
2:45 pm	Chair Zumba
3:45 pm	Aqua Zumba
<u>Saturday</u>	
8:45 am	Zumba
9:45 am	AquaZumba
<u>No classes May 3 &amp; 10</u>	

(CLASS LIMIT OF 8 FOR AQUA ZUMBA)

**1807 Mercer Road, Ellwood City**  
**724.758.3338**

**2610 Ellwood Road, New Castle**  
**724.333.8034**