



# GROUP FITNESS SCHEDULE

## SEPTEMBER

1807 Mercer Road, Ellwood City  
724.758.3338

[www.myairfitness.com](http://www.myairfitness.com) for rates and class descriptions

2610 Ellwood Road, New Castle  
724.333.8034

### MONDAY-Ellwood City

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

### TUESDAY--Ellwood City

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

### WEDNESDAY--Ellwood City

7:30am Power Max  
8:30am RIP  
9:45am Senior Pop-Up Fun  
10:15am Silver n Fit  
5:30pm AIR Spin  
6:30pm Metkon Rx (MetabolicConditioning)

Pop-Up Fun (30min) includes

Indoor Cycling (intro), Senior Chair Yoga,  
Drummer-cize or Walk-n-Talk

### THURSDAY-Ellwood City

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

SPIN: Sept 12th & Sept 26th  
STEP: Sept 5th and Sept 19th

### FRIDAY-Ellwood City

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

### SATURDAY-Ellwood City

7:15am TRX  
8:00am RIP  
9:00am AIR Spin

### NEW CASTLE

#### Monday

9:00am Silver and Fit  
10:00am Chair Yoga

#### Tuesday

2:45pm Arthritis Exercise  
3:45pm Aqua Zumba\*

#### Thursday

9:30am Posture Strength and Balance  
10:30am Aqua Aerobics  
2:45pm Arthritis Exercise  
3:45pm Aqua Zumba\*

#### Friday

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

#### Saturday

8:45am Zumba  
9:45am Aqua Zumba\*

### ELLWOOD CITY STAFFED HOURS

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

DOOR ACCESS 4:30am-11pm DAILY

Sign-ups during Staffed Hours only!

### NEW CASTLE HOURS

Monday 8am-4pm  
Tuesday 8am-4pm  
Wednesday 8am-4pm  
Thursday 8am-4pm  
Friday 8am-4pm  
Saturday Closed  
Sunday Closed

Class size for Aqua Zumba is limited to 8