



GROUP FITNESS SCHEDULE

NOVEMBER

1807 Mercer Road, Ellwood City
724.758.3338

2610 Ellwood Road, New Castle
724.333.8034

www.myairfitness.com for rates and class descriptions

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 Barre & Build
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
10:15am Silver n Fit
5:30pm AIR Spin
6:30pm Metkon Rx (MetabolicConditioning)

THURSDAY-Ellwood City

8:00am AIR Spin/Cardio Max*
9:00am Transform Yoga
10:15am Zumba Gold
11:15am Chair Zumba
5:45pm Spin Express
6:30pm Barre & Pilates

SPIN: Nov 14th

Nov 28th No Class--Thanksgiving

Cardio Max: Nov 7th and Nov 21st

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*

Nov 28th No Class--Thanksgiving

Class size for Aqua Zumba is limited to 8

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