GROUP FITNESS SCHEDULE

DECEMBER

www.myairfitness.com **for rates and class descriptions**

1807 Mercer Road, Ellwood City
724.758.3338

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
6:30pm	CARDIO+

TUESDAY--Ellwood City
9:00am	Barre & Build
10:15am	Zumba Gold
11:15am	Chair Zumba

**Dec 24th Morning Classes ONLY
Christmas Eve**

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)

Dec 25th No Classes--Christmas

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

AIR Spin: Dec 12th and 26th

Cardio Max: Dec 5th & Dec 19th

FRIDAY-Ellwood City
8:00am	Power Max
9:15am	Silver n Fit

Dec 5th No Classes--Staff Christmas Party

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*

Dec 24th No Classes--Christmas Eve

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