



GROUP FITNESS SCHEDULE

March

1807 Mercer Road, Ellwood City
724.758.3338

2610 Ellwood Road, New Castle
724.333.8034

www.myairfitness.com for rates and class descriptions

<u>MONDAY-Ellwood City</u>	<u>TUESDAY--Ellwood City</u>	<u>WEDNESDAY--Ellwood City</u>
7:30am Power Max		7:30am Power Max
8:30am RIP		8:30am RIP
9:45am Silver and Fit	9:00am Barre & Build	
10:45am Silver and Fit	10:15am Zumba Gold	10:15am Silver n Fit
11:30am Gentle Yoga	11:15am Chair Zumba	
3:30pm TRX		
5:30pm Power Flow Yoga	5:30pm Battle Fit Boot Camp	5:30pm Spin and Sculpt
6:30pm CARDIO+	6:30pm Yoga Basic and Beyond	6:30pm Metkon Rx (MetabolicConditioning)
<u>THURSDAY-Ellwood City</u>	<u>FRIDAY-Ellwood City</u>	<u>NEW CASTLE</u>
8:00am AIR Spin/Cardio Max*	8:00am Power Max	<u>Monday</u>
9:00am Transform Yoga	9:15am Silver n Fit	9:00am Silver and Fit
10:15am Zumba Gold		10:00am Chair Yoga
11:15am Chair Zumba		<u>Tuesday</u>
12:15pm Arthritis Exercise		8:45am Aqua Zumba*
5:45pm Power Punch	<u>SATURDAY-Ellwood City</u>	2:45pm Arthritis Exercise
6:30pm Barre & Pilates	7:15am TRX	
AIR Spin: Mar 6th & 20th	8:00am RIP	<u>Thursday</u>
Cardio Max: Mar 13th & 27th	9:00am AIR Spin	8:45am Aqua Zumba*
ELLWOOD CITY STAFFED HOURS	NEW CASTLE HOURS	9:30am Posture Strength and Balance
Monday 8am to 8pm	Monday 8am-4pm	10:30am Aqua Aerobics
Tuesday 8am to 8pm	Tuesday 8am-4pm	
Wednesday 8am to 8pm	Wednesday 8am-4pm	<u>Friday</u>
Thursday 8am to 8pm	Thursday 8am-4pm	2:45pm Zumba Gold/Arthritis (1/2 hr each)
Friday 8am to 5pm	Friday 8am-4pm	4:00pm Aqua Zumba*
Saturday 8am to 1pm	Saturday Closed	<u>Saturday</u>
Sunday No Staff	Sunday Closed	8:45am Zumba
DOOR ACCESS 4:30am-11pm DAILY		9:45am Aqua Zumba*
Sign-ups during Staffed Hours only!		Class size for Aqua Zumba is limited to 8

Schedule Subject to Change. Do not hesitate to contact us EC 724-758-3338 opt 3 or NC 724-333-8034