



ELLWOOD CITY

Group Fitness Schedule

MAY

MONDAY

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

TUESDAY

9:00am Barre & Build
10:15am Zumba Gold
11:15am Chair Zumba
12:15pm Total Body Tabata
5:30pm Battle Fit Boot Camp
6:30pm Yoga Basic & Beyond

WEDNESDAY

7:30am Power Max
8:30am RIP
10:00am Silver n' Fit
10:45am Posture, Strength & Balance
5:30pm Spin and Sculpt
6:30pm Metkon RX
(Metabolic Conditioning)

THURSDAY

8:00am AIR Spin/Cardio Max
AIR Spin: May 1st, 15th & 29th
Cardio Max: May 8th & 22nd
9:00am Transform Yoga
10:15am Zumba Gold
11:15am Chair Zumba
12:15pm Arthritis Exercise
5:45pm Power Punch
6:30pm Barre & Pilates

FRIDAY

8:00am Fit and Function
9:15am Silver & Fit
10:00am Tai Chi

SATURDAY

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

GET HEALTHY
STAY HEALTHY

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



NEW CASTLE

Group Fitness Schedule

MAY

MONDAY

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

TUESDAY

8:45am Aqua Zumba*
1:00pm Arthritis Exercise

WEDNESDAY

5:30pm Beginner Yoga

GET HEALTHY
STAY HEALTH

THURSDAY

8:45am Aqua Zumba*
9:30am Posture, Strength Balance
10:30am Water Aerobics
5:30pm Beginner Yoga

FRIDAY

2:45pm Zumba Gold/Arthritis
(½ Hour for each)
4:00pm Aqua Zumba*

SATURDAY

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

Please Note: Class Size for AQUA ZUMBA is limited to 8

No Aqua Zumba Class:
May 29th to 31st (Thursday-Saturday)

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