



ELLWOOD CITY

Group Fitness Schedule JUNE

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
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

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 Schedule on other side**



NEW CASTLE

Group Fitness Schedule JUNE

MONDAY

Classes Temporarily on Hold

TUESDAY

8:45am Aqua Zumba*

1:00pm Arthritis Exercise

WEDNESDAY

11:00am Chair Yoga w/ Vicki

5:30pm Beginner Yoga

THURSDAY

8:45am Aqua Zumba*

9:30am Posture, Strength Balance

10:30am Water Aerobics

FRIDAY

2:45pm Zumba Gold/Arthritis

(½ Hour for each)

4:00pm Aqua Zumba*

SATURDAY

8:30am Zumba Gold/Aqua Zumba

10:00am Aqua Zumba*

**GET HEALTHY
STAY HEALTHY**

**Please Note: Sign-up required for
all AQUA ZUMBA classes**

Zumba Gold/Aqua Zumba Workout starts June 7th @ 8:30am

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Ellwood City Schedule on other side