



DECEMBER

Group Fitness Schedule

ELLWOOD CITY

MONDAY

7:30am Power Max
8:30am RIP
9:45am Silver Sneakers Classic
10:45am Silver Sneakers Classic
3:30pm TRX
6:30pm CARDIO+

TUESDAY

9:00am Barre & Pilates
10:15am Zumba Gold
11:15am Chair Zumba
12:15pm Arthritis Exercise
5:30pm Battle Fit Boot Camp
6:30pm Yoga Basic & Beyond

WEDNESDAY

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

NO EVENING CLASSES Dec 24th & Dec 31st

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

NO CLASSES Dec 25th & Jan 1st

FRIDAY

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

NO CLASSES Dec 26th & Jan 2nd

SATURDAY

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

NEW CASTLE

MONDAY

9:30am Silver & Fit
10:30am Chair Yoga
6:00pm Beginning Yoga

THURSDAY

8:45am Splash Dance*
9:30am Silver Sneaker Stability
10:30am Silver Sneakers Splash*

NO CLASSES —Christmas Day Dec 25th

TUESDAY

8:45am Splash Dance*

FRIDAY

10:00am Parkinson's Boxing Class

Starts Dec 19th No Class Dec 26th

WEDNESDAY

11:00am Chair Yoga
6:00pm Beginning Yoga

NO EVENING CLASSES Dec 24th

SATURDAY

7:45am Splash Dance*

***Sign ups required for ALL Aqua Classes**

Schedule Subject to Change

Follow us on Facebook or www.myairfitness.com

Contact Us: EC 724-758-3338 (opt 3) or NC 724-333-8034