



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

TUESDAY

- 8:45am Splash Dance*

WEDNESDAY

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

NO EVENING CLASSES Dec 24th

THURSDAY

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

NO CLASSES —Christmas Day Dec 25th

FRIDAY

- 10:00am Parkinson's Boxing Class
- Starts Dec 19th No Class Dec 26th**

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