

**Fitness Class Schedule**

<b>Day of Week</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
Monday	9am-10am	Insanity	Jackie
	6pm-7pm	Body Sculpt	Dawn
	6pm-7pm	Body Weight Plus	Nate
Tuesday	8am-10am	Pickle Ball	n/a
	6pm-7pm	Total Body Strength	Jackie
Wednesday	6pm-7pm	PiYo	Jackie
	7pm-8pm	Yoga	Mandi
Thursday	8am-10am	Pickle Ball	n/a
	9am-10am	PiYo	Jodi
	6pm-7pm	Abs and Glutes - NEW!	Dawn
Friday	9am-10am	PiYo	Jackie
	9am-11am	Pickle Ball	n/a
	5pm-7pm	Pickle Ball (1/2 gym only)	n/a
Saturday	9am-10am	Tai Chi Ch'uan	Jeff
	10am-11am	Body Weight Plus	Nate
	11am-12pm	Yoga	Mandi

**Fitness Class Descriptions**

**Abs and Glutes** - Class begins with a cardio warm-up followed by dedicated movements to tone and strengthen your abs, glutes, quads, and hamstrings. Bring your own mat.

**Body Sculpt** - A full body workout using weights (variety of weights available), cardio, abdominal work, glute work, and stretching. Great for all fitness levels. Bring your own mat.

**Body Weight Plus** - Improve and challenge your functional fitness at any level. The constantly changing nature of this class provides a different experience at each visit using different equipment or your own bodyweight for a full body workout. Technique rules this class! Bring your own mat.

**Insanity** - Experience cardio conditioning that will completely transform your body. Work on endurance, strength, balance, coordination and core stability. It's a challenging class! The instructor can modify the toughest moves to help you "Dig Deeper" at any fitness level. Bring your own mat.

**Pickle Ball** - Pickle ball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball (similar to a wiffleball) over a net. Pickle ball supplies are available for use.

**PiYo** - A unique blend of strength training and core conditioning. PiYo is a perfect combination of Pilates and Yoga set to vibrant music. It is all about energy, power and rhythm. This is unlike anything you've ever done before. Bring your own mat.

**Total Body Strength** - Total-body strength and cardio conditioning that helps you blast fat and build lean muscle fast. Bring your own mat.

**Tai Chi Ch'uan** - A Chinese Martial Arts practiced for self-defense and health purposes. Improve your health and vitality. Adults and seniors welcome. No previous experience necessary.

**Yoga** - This yoga practice helps to elongate and stretch your muscles while improving your balance, relaxing your mind and body through breathing techniques and various poses. Please bring positive energy and a yoga mat. Namaste!

**CLASS FEES:** \$8.00 per class drop in fee

Member punch card for **ANY** 10 classes - \$50/\$5 per class

Non-Member punch card for **ANY** 10 classes - \$70/\$7 per class

Pickle Ball is included in yearly membership to the Community Center.

**North Fayette Community Center**

580 Donaldson Road, Oakdale PA 15071 724-307-3725

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