



North Fayette Community Center

# Fitness Class Schedule

www.north-fayette.com



Day of Week	Time	Class	Instructor
Monday	8am-10am	Pickle Ball	n/a
	6pm-7pm	Body Weight Plus	Nate
Tuesday	8am-10am	Pickle Ball	n/a
	5pm-6pm	Yoga	Mandi
	6pm-7pm	Total Body Strength	Jackie
Wednesday	8am-10am	Pickle Ball	n/a
	6pm-7pm	PiYo	Jackie
Thursday	8am-10am	Pickle Ball	n/a
Friday	8am-10pm	Pickle Ball	n/a
	9am-10am	PiYo	Jackie
Saturday	10am-11am	Body Weight Plus	Nate

## Fitness Class Descriptions

**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.

**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!

6/8/2020

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

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

Member punch card for **ANY** 20 classes - \$100/\$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

Sign up for calendar updates and adult program alerts at

[www.north-fayette.com](http://www.north-fayette.com)

Certified instructors wanted!

Email [dhildebrand@north-fayette.com](mailto:dhildebrand@north-fayette.com) for details.

North Fayette Township  
North Fayette Parks & Recreation

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