



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
	8am-10pm	Pickle Ball	n/a
Friday	9am-10am	PiYo	Jackie
	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 body weight 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.

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

Certified instructors wanted!

Email dhildebrand@north-fayette.com for details.

North Fayette Township
North Fayette Parks & Recreation

northfayetteparksandrec

@NorthFayetteTwp



Notify Me®

Sign up for notifications