



Fitness Class Schedule



Day of Week	Time	Class
Monday	9:45am-10:45am	Insanity
	6:00pm-7:00pm	Body Sculpt
Tuesday	8:00am-10:00am	Pickle Ball
	6:00pm-7:00pm	Power & Punch
	7:00pm-8:00pm	Tai Chi Ch'uan
Wednesday	6:00pm-7:00pm	PiYo
	7:00pm-8:00pm	Yoga
Thursday	8:00am-10:00am	Pickle Ball
	6:30pm-7:30pm	Boot Camp
Friday	9:00am-10:00am	PiYo
	9:00am-11:00am	Pickle Ball
	5:00pm-7:00pm	Pickle Ball
Saturday	9:00am-10:00am	Tai Chi Ch'uan
	10:00am-11:00am	Boot Camp
Sunday	12:15pm-1:15pm	Yoga

Fitness Class Descriptions

BODY SCULPT - A 60-minute full body workout with using weights (variety of weights available), cardio, abdominal work and stretching. Great for all fitness levels. Please bring your own mat.

BOOT CAMP - Circuit and interval training to test your strength and endurance. Athlete-inspired workout using your body weight as resistance and features core and agility ladder as well. 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. Please 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. Please bring your own mat.

POWER & PUNCH - A cardio focused combo class featuring high intensity interval training to improve endurance and cardiovascular health followed by mixed martial arts inspired, core focused, cardio and strength training. Please 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 - A 60-minute practice which 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: \$7.00 per class drop in fee

Member punch card for **ANY** 10 classes - \$40/\$4 per class

Non-Member punch card for **ANY** 10 classes - \$60/\$6 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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