

STRENGTH TRAINING

PERSONAL FITNESS TRAINING

- One on One training
- Appointment only
- Application required
- Members Only

One Hour Session: \$38

4 One Hour Sessions: \$130

Expires after 30 days

8 One Hour Sessions: \$230

Expires after 60 days

EXPRESS PERSONAL FITNESS TRAINING

- 30 minute sessions
- One on One training
- Appointment only
- Application required
- Members Only

4 Thirty Minute Sessions: \$80

8 Thirty Minute Sessions: \$160

Expires after 30 days

SEMI PRIVATE PERSONAL TRAINING

- Train with a partner
- Appointment only
- Application required
- Members Only

4 One Hour Sessions: \$145

Expires after 30 days

8 One Hour Sessions: \$250

Expires after 60 days

****Sessions for any Personal Training must be cancelled 2 hours prior to appointment or fee is forfeited****

FITLINXX

- **FREE FOR ALL MEMBERS 14 years and older**
- Program set up
- Personalized program
- Recommendation and feedback
- User friendly equipment
- Schedule your appointment at the Registration desk.

NUTRITION

INDIVIDUAL NUTRITION COUNSELING

- Appointment Only
 - Application at registration desk
- | | |
|---------------------|------|
| Members | \$38 |
| Prospective Members | \$45 |

BODY COMPOSITIONS

- Available for members.
 - Sign-up by calling 412-741-9622 ext. 114
- | | |
|--------------|------|
| Members Only | FREE |
|--------------|------|

PARENT-CHILD CARDIOVASCULAR ORIENTATION

- Ages 10-13
- Required to use cardiovascular equipment with parent supervision
- Schedule at registration desk



CARDIOVASCULAR GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Pump 5:30 am		Cardio Pump 5:30 am		
Stretch & Strength 8:00 am	Boot Camp 9:15 am	Low Impact Aerobics 8:30 am	Step Select 9:15 am	Boot Camp 9:15 am	Cardio Mix 9:15 am
Zumba * 9:15 am	Tone & Sculpt 10:15 am	Stability Ball * 9:30 am	Tone & Sculpt 10:15 am	Below the Belt 10:15 am	
Cardio Pump 10:30 am		Cardio Pump 10:30 am			Stability Ball * 10:15 am
Cardio Mix 6:30 pm	Low Impact Aerobics 6:30 pm	Boot Camp 6:30	20/20/20 6:30 pm		
	Zumba * 7:30 pm		Zumba* 7:30 pm		

HUNTER GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Stretch 8:30 am		Stretch 8:30 am		Tai Chi * 8:00 am
	Little Dragons* 6:30-7:00	Family Tang Soo Do* 6:15-8:15			
	Tae Kwon Do* 7:30 pm		Tae Kwon Do* 8:30 pm		

* Indicates program with a fee

Health & Wellness Session Dates

Session 1 June 7-July 17

Session 2 July 19-August 28

EXERCISE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pump It* 5:30 am				Pilates* 5:30 am	Pump It* 7:00 am
Pump It* 9:15 am	Senior Pump It* 9:30 am	Gentle Yoga* 8:00 am	Senior Pump It* 9:30 am		Pilates* 8:00 am
	Express Pilates* 10:30 am	Pump It* 9:15 am	Pilates on Ball* 10:30 am		
	Pilates* 6:30 pm		Pilates on Ball* 6:30 pm		
Yoga* 7:00-8:30 pm	Pump It* 7:30 pm		Pump It* 7:30 pm		

CYCLING STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle 5:30 am		Cycle 5:30 am		Cycle 5:30 am	Express Cycle 8:15 am
Cycle 9:15 am	Cycle 9:15 am	Express Cycle 9:15 am	Cycle 9:15 am	Cycle 9:15 am	Cycle 9:00 am
Cycle 6:30 pm		Cycle 6:30 pm	Cycle 6:30 pm		

* Indicates program with a fee

Health & Wellness Session Dates
Session 1 June 7-July 17
Session 2 July 19-August 28

CARDIO PUMP

- Combination of calisthenics and weights.
- | | |
|--------------|----------|
| Tues/Thurs | 5:30 am |
| Mon/Wed | 10:30 am |
| Members Only | FREE |

STEP SELECTION

- Bench stepping only
- | | |
|--------------|---------|
| Thursday | 9:15 am |
| Members Only | FREE |

CARDIO MIX

- Mix of different aerobic exercises
- | | |
|--------------|---------|
| Monday | 6:30 pm |
| Saturday | 9:15 am |
| Members Only | FREE |

BELOW THE BELT

- Aerobics mixed with low body sculpting
- | | |
|--------------|----------|
| Friday | 10:15 am |
| Members Only | FREE |

TONE & SCULPT

- Body conditioning (No Aerobics)
- | | |
|--------------|----------|
| Tues/Thurs | 10:15 am |
| Members Only | FREE |

BOOT CAMP

- High Intensity
 - Skills
- | | |
|--------------|---------|
| Wednesday | 6:30 pm |
| Tuesday | 9:15 am |
| Friday | 9:15 am |
| Members Only | FREE |

STABILITY BALL

- Mix of aerobic and conditioning exercises using a stability ball
- | | |
|---------------------|----------|
| Wednesday | 9:30 am |
| Saturday | 10:15 am |
| Members | \$15 |
| Prospective Members | \$30 |

20/20/20

- 20 minutes Cardio
 - 20 minutes Weights
 - 20 minutes Core
- | | |
|--------------|---------|
| Thursday | 6:30 pm |
| Members Only | FREE |

ZUMBA

- Latin dance aerobics
- | | |
|---------------------|---------|
| Monday | 9:30 am |
| Tuesday | 7:30 pm |
| Thursday | 7:30 pm |
| Members | \$18 |
| Prospective Members | \$50 |

STUDIO CYCLING

- Group fitness class on cycles
- All fitness levels welcome
- **No online registration**
- **Maximum of 2 registrations per session**

Monday	5:30 am
Monday	9:15 am
Monday	6:30 pm
Tuesday	9:15 am
Wednesday	5:30 am
Thursday	6:00 pm
Friday	5:30 am
Friday	9:15 am
Saturday	9:00 am
Members	FREE
Prospective Members	\$50

EXPRESS CYCLE

- 30 minute class
- | | |
|--------------|---------|
| Wednesday | 9:15 am |
| Saturday | 8:15 am |
| Members Only | FREE |



YHEALTH & WELLNESS

We build strong kids, strong families, strong communities.

PUMP IT

- 15 students per class
 - Body conditioning
 - Performed with Barbell sets
- | | |
|---------------------|---------|
| Monday | 5:30 am |
| Monday | 9:15 am |
| Wednesday | 9:15 am |
| Tuesday | 7:30 pm |
| Thursday | 7:30 pm |
| Saturday | 7:00 am |
| Members | \$15 |
| Prospective Members | \$30 |

SENIOR PUMP IT

- 65 and older
 - Body conditioning
- | | |
|---------------------|---------|
| Tues/Thurs | 9:30 am |
| Members | \$15 |
| Prospective Members | \$30 |

YOGA

- Hatha Yoga
- | | |
|---------------------------|--------------|
| Monday | 7:00-8:30 pm |
| Members | \$60 |
| Prospective Members | \$85 |
| Member Coupon | \$12 |
| Prospective Member Coupon | \$20 |

YOGA IN THE COMMUNITY ACTIVITY CENTER

- Enjoy the beautiful view
 - Hatha Yoga
 - 60 minutes
- | | |
|---------------------|---------|
| Tuesday | 5:30 am |
| Friday | 8:30 am |
| Members | \$35 |
| Prospective Members | \$70 |

GENTLE YOGA

- Gentle Yoga stretching
- | | |
|---------------------|---------|
| Wednesday | 8:00 am |
| Members | \$30 |
| Prospective Members | \$60 |

TAI CHI

- Rhythmic body conditioning
- | | |
|-------------|---------|
| Saturday | 8:00 am |
| Members | \$70 |
| Pgm Members | \$85 |

PILATES ON THE BALL

- Pilates on the stability ball
 - 45 minute class
- | | |
|---------------------|----------|
| Thursday | 10:30 am |
| Thursday | 6:30 pm |
| Members | \$50 |
| Prospective Members | \$95 |

PILATES

- Body conditioning based on the work by Joseph Pilates
- | | |
|---------------------|---------|
| Tuesday | 6:30 pm |
| Friday | 8:00 am |
| Saturday | 8:00 am |
| Members | \$50 |
| Prospective Members | \$95 |

Coupon

- | | |
|---------------------|------|
| Members | \$10 |
| Prospective Members | \$16 |

EXPRESS PILATES

- 30 minute class focused on core exercises
- | | |
|---------------------|----------|
| Tuesday | 10:30 am |
| Members | \$25 |
| Prospective Members | \$50 |

TAE KWON DO

- Korean martial arts
- | | |
|-------------|------------|
| Tuesday | 7:30-9 pm |
| Thursday | 8:30-10 pm |
| Members | \$80 |
| Pgm Members | \$110 |

LOW IMPACT AEROBICS

- Low Impact Class
- | | |
|--------------|---------|
| Tuesday | 6:30 pm |
| Wednesday | 8:30 am |
| Members Only | FREE |

STRETCH & STRENGTH

- Stretch and muscle conditioning
- | | |
|--------------|---------|
| Monday | 8:00 am |
| Members Only | FREE |

STRETCH

- Designed to increase flexibility and range of motion.
- | | |
|--------------|---------|
| Tues/Thurs | 8:30 am |
| Members Only | FREE |