

## 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

### **NEW** EXPRESS PERSONAL FITNESS TRAINING

- 30 minute sessions
  - One on One training
  - Appointment only
  - Application required
  - Members Only
- 8 Thirty Minute Sessions: \$160  
Expires after 30 days

### **NEW** 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

### NUTRITION COUNSELING PACKAGE

- Includes four sessions designed for individuals needing additional follow up
- Members \$125  
Prospective Members \$150

### BODY COMPOSITIONS

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

## Y-WATCHERS

- 12-week program
  - January 14-April 3
  - Pre and post body composition
  - Weekly weigh-in
  - Personal fitness coach
  - Weekly nutrition follow-up
  - Pass to attend six specialty classes (Yoga, Pilates, Body Pump, and Zumba)
  - Weigh-in and nutrition class Thursday 6:30 pm or Saturday 10:00 am
- Members \$120  
Prospective Members \$200

## 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<br>5:30 am         |                                | Cardio Pump<br>5:30 am     |                            |                              |
| Stretch & Strength<br>8:30 am |                                | Low Impact Aerobics<br>8:30 am |                            | Boot Camp<br>9:00 am       | Cardio Mix<br>9:15 am        |
| Zumba *<br>9:30 am            | Step Select<br>9:00 am         | Stability Ball *<br>9:30 am    | Step Select<br>9:00 am     | Below the Belt<br>10:00 am |                              |
| Cardio Pump<br>10:30 am       | Tone & Sculpt<br>10:00 am      | Cardio Pump<br>10:30 am        | Tone & Sculpt<br>10:00 am  |                            | Stability Ball *<br>10:15 am |
| P-90<br>6:30-8:00 pm          | Low Impact Aerobics<br>6:30 pm | P-90<br>6:30-8:00 pm           | Stability Ball*<br>6:30 pm |                            |                              |
|                               | Zumba *<br>7:30 pm             |                                | Line Dancing*<br>7:30 pm   |                            |                              |

# HUNTER GYM

| Monday | Tuesday                 | Wednesday | Thursday                | Friday | Saturday             |
|--------|-------------------------|-----------|-------------------------|--------|----------------------|
|        | Stretch<br>8:30 am      |           | Stretch<br>8:30 am      |        | Tai Chi *<br>8:00 am |
|        | Tae Kwon Do*<br>7:30 pm |           | Tae Kwon Do*<br>8:30 pm |        |                      |

\* Indicates program with a fee

## EXERCISE STUDIO

| Monday                       | Tuesday                    | Wednesday               | Thursday                               | Friday              | Saturday            |
|------------------------------|----------------------------|-------------------------|--|---------------------|---------------------|
| Pump It*<br>5:30 am          |                            |                         |  | Pilates*<br>5:30 am | Pump It*<br>7:00 am |
| Pump It*<br>9:15 am          | Senior Pump It*<br>9:30 am | Gentle Yoga*<br>8:00 am | Senior Pump It*<br>9:30 am             | Pilates*<br>8:00 am |                     |
| Express Pilates*<br>10:30 am | Yogilates*<br>10:30 am     | Pump It*<br>9:15 am     | Express Pilates*<br>10:30 am           |                     |                     |
|                              | Pilates*<br>6:30 pm        |                         | Healthy Mom Prenatal Class*<br>6:30 pm |                     |                     |
| Yoga*<br>7:00-8:30 pm        | Pump It*<br>7:30 pm        |                         | Pump It*<br>7:30 pm                    |                     |                     |

## CYCLING STUDIO

| Monday           | Tuesday          | Wednesday                | Thursday         | Friday           | Saturday         |
|------------------|------------------|--------------------------|------------------|------------------|------------------|
| Cycle<br>5:30 am |                  | Cycle<br>5:30 am         |                  | Cycle<br>5:30 am |                  |
| Cycle<br>9:15 am | Cycle<br>9:15 am | Express Cycle<br>9:15 am | Cycle<br>9:15 am | Cycle<br>9:15 am | Cycle<br>9:00 am |
|                  |                  |                          |                  |                  |                  |
| Cycle<br>6:30 pm |                  | Cycle<br>6:30 pm         | Cycle<br>6:30 pm |                  |                  |

\* Indicates program with a fee

## CARDIO PUMP

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

## STEP SELECTION

- Bench stepping only
- |              |        |
|--------------|--------|
| Tues/Thurs   | 9:00am |
| Members Only | FREE   |

## CARDIO MIX

- Mix of Cardio Exercises
- |              |         |
|--------------|---------|
| Saturday     | 9:15 am |
| Members Only | FREE    |

## P-90

- 90 minute class
  - Mix of Cardio, weights, and core exercises
- |              |         |
|--------------|---------|
| Mon/Wed      | 6:30 pm |
| Members Only | FREE    |

## BELOW THE BELT

- Aerobics mixed with low body sculpting
- |              |          |
|--------------|----------|
| Friday       | 10:00 am |
| Members Only | FREE     |

## STONE & SCULPT

- Body conditioning ( No Aerobics)
- |              |          |
|--------------|----------|
| Tues/Thurs   | 10:00 am |
| Members Only | FREE     |

## BOOT CAMP

- High Intensity
  - Skills & Drills
- |              |         |
|--------------|---------|
| Friday       | 9:00 am |
| Members Only | FREE    |

## **NEW** STABILITY BALL

- Mix of aerobic and conditioning exercises using a stability ball
- |                    |          |
|--------------------|----------|
| Wednesday          | 9:30 am  |
| Thursday           | 6:30 pm  |
| Saturday           | 10:15 am |
| Member             | \$15     |
| Prospective Member | \$30     |

## LINE DANCING

- Aerobic line dancing
  - Taught by certified dance instructor
- |                    |         |
|--------------------|---------|
| Thursday           | 7:30 pm |
| Member             | \$15    |
| Prospective Member | \$30    |

## 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 |
| Wednesday           | 6:30 pm |
| Thursday            | 9:15 am |
| Thursday            | 6:30 pm |
| Friday              | 5:30 am |
| Friday              | 9:15 am |
| Saturday            | 9:00 am |
| Members Only        | FREE    |
| Prospective Members | \$50    |

## **NEW** EXPRESS CYCLE

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

## 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    |

## **NEW** HEALTHY MOM PRENATAL CLASS

- 60 minute class
  - Follows prenatal guidelines
- |                     |         |
|---------------------|---------|
| Thursday            | 6:30 pm |
| Members             | \$40    |
| Prospective Members | \$75    |

**SENIOR PUMP IT**

- 65 and older
  - Body conditioning
- |                     |         |
|---------------------|---------|
| Tues/Thurs          | 9:30 am |
| Members             | \$20    |
| Prospective Members | \$40    |

**ZUMBA**

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

**YOGA**

- Hatha Yoga / 90 minutes
- |                           |              |
|---------------------------|--------------|
| Monday                    | 7:00-8:30 pm |
| Members                   | \$60         |
| Perspective Members       | \$90         |
| Member Coupon             | \$12         |
| Prospective Member Coupon | \$20         |

**NEW YOGA IN THE COMMUNITY ACTIVITY CENTER**

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

**YOGILATES**

- Combination of Pilates and Yoga
- |                           |          |
|---------------------------|----------|
| Tuesday                   | 10:30 am |
| Members                   | \$50     |
| Prospective Members       | \$85     |
| Member Coupon             | \$10     |
| Prospective Member Coupon | \$16     |

**PILATES**

- Body conditioning based on the work by Joseph Pilates
- |                           |         |
|---------------------------|---------|
| Tuesday                   | 6:30 pm |
| Friday                    | 5:30 am |
| Saturday                  | 8:00 am |
| Members                   | \$50    |
| Prospective Members       | \$95    |
| Member Coupon             | \$10    |
| Prospective Member Coupon | \$16    |

**NEW EXPRESS PILATES**

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

**TAI CHI**

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

**TAE KWON DO**

- Korean martial arts
- |                     |               |
|---------------------|---------------|
| Tuesday             | 7:30-9:00 pm  |
| Thursday            | 8:30-10:00 pm |
| Members             | \$80          |
| Prospective Members | \$110         |

**NEW LOW IMPACT AEROBICS**

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

**STRETCH**

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

**NEW SPORT STRETCH FOR PADDLE TENNIS**

- Sport specific stretches for paddle tennis players
  - Located in the Community Activity Center
- |                     |               |
|---------------------|---------------|
| Friday              | 9:30-10:15 am |
| Members             | \$10          |
| Prospective Members | \$20          |

**NEW STRETCH & STRENGTH**

- Stretch and muscle conditioning
- |              |         |
|--------------|---------|
| Monday       | 8:30 am |
| Members Only | FREE    |

**GENTLE YOGA**

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