

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

(Week of 5/1/17 - 5/6/17)

Start Time	End Time	Class	Instructor	Location
<b>Monday (5/1/17)</b>				
8:30 AM	9:15 AM	Foundations Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Shoulders	Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Stefanie	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (5/2/17)</b>				
8:30 AM	9:15 AM	Tabata Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	H.I.I.T. Intervals	Jennifer	Fitness Ctr
6:00 PM	6:55 PM	STRONG by Zumba	Lee Ann	Fitness Ctr
7:00 PM	8:00 PM	Strong Yoga Flow	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (5/3/17)</b>				
8:30 AM	9:25 AM	Pilates	Nancy	Fitness Ctr
9:30 AM	10:25 AM	Cardio Kickboxing	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
11:45 AM	12:15 PM	Core Express	Nancy	Fitness Ctr
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:30 PM	6:25 PM	Barre	Lee Ann	Fitness Ctr
6:30 PM	7:25 PM	Insanity	Dana	Fitness Ctr
7:30 PM	8:30 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (5/4/17)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr.
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr.
<b>1:30 PM</b>	<b>2:30 PM</b>	<b>Strong Yoga Flow</b>	<b>Flor</b>	Fitness Ctr.
6:00 PM	6:30 PM	<b>Kettlebell Ampd</b>	<b>Toni</b>	Fitness Ctr.
6:30 PM	7:25 PM	Zumba	<b>Toni</b>	Fitness Ctr.
7:30 PM	8:15 PM	Yoga for Every Body	Nancy	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
<b>Friday (5/6/17)</b>				
8:20 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Cardio Core H.I.I.T.	Lisa	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Stability Ball	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Back	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (5/7/17)</b>				
8:00 AM	9:00 AM	Group Barbell	Nancy	Fitness Ctr
9:10 AM	9:55 AM	Yoga Flow	Nancy	Fitness Ctr
10:00 AM	11:00 AM	STRONG	Lee Ann	Fitness Ctr
11:00 AM		<b>Group Barbell Elements</b>	Nancy	Fitness Ctr

## 2 Payment Methods!

**Per Month:** Resident \$37 (unlimited classes)  
 Non-Resident \$40 (unlimited classes)  
 Senior/Student \$30 (unlimited classes)

**Per Class/Drop-in:** Resident \$8  
 Non-Resident \$10

## Group Fitness Instructors

**Nancy Triscuit**  
**Jennifer Cranston**  
**Lisa George**  
**Toni Sloan**  
**Dana Voit**  
**Lee Ann Cimperman**  
**Kelly Riddle**  
**Danielle Ducharme-Ward**  
**Flor Anderson**  
**Stefanie Priore**  
**Kim Walczak**

Our instructors teach to all fitness levels. Please do not be intimidated by the name of the class! Just let the instructor know you are new and she will be happy to give you some pointers and provide modications if and when they are needed!

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

(Week of 5/8/17 - 5/13/17)

Start Time	End Time	Class	Instructor	Location
<b>Monday (5/8/17)</b>				
8:30 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Hips	Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Stefanie	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (5/9/17)</b>				
8:30 AM	9:15 AM	Iron Yoga	Nancy	Fitness Ctr
<b>9:20 AM</b>	<b>10:20 AM</b>	Cardio Kickbox	<b>Jennifer</b>	Fitness Ctr
6:00 PM	6:55 PM	Zumba	Michelle V.	Fitness Ctr
7:00 PM	8:30 PM	Strong Yoga Flow	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (5/10/17)</b>				
8:30 AM	9:15 AM	Tabata Intervals	Nancy	Fitness Ctr
9:30 AM	10:25 AM	Pilates	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite/Chair Yoga	Nancy	Fitness Ctr
11:45 AM	12:15 PM	Core Express	Nancy	Fitness Ctr
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:30 PM	6:25 PM	Barre	Lee Ann	Fitness Ctr
6:30 PM	7:25 PM	Insanity	Dana	Fitness Ctr
7:30 PM	8:30 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (5/11/17)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr
<b>1:30 PM</b>	<b>2:30 PM</b>	<b>Strong Yoga Flow</b>	<b>Flor</b>	<b>Fitness Ctr</b>
6:00 PM	6:30 PM	STRONG Express	Danielle	Fitness Ctr
6:30 PM	7:25 PM	Zumba	Danielle	Fitness Ctr
7:30 PM	8:15 PM	Yoga For Every Body	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Friday (5/12/17)</b>				
8:20 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Cardio Core H.I.I.T.	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pelvic Floor	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Hamstrings	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (5/13/17)</b>				
8:00 AM	9:00 AM	Group Barbell	Lisa	Fitness Ctr
9:10 AM	9:55 AM	Yoga Flow	Lisa	Fitness Ctr
10:00 AM	11:00 AM	STRONG	Danielle	Fitness Ctr

## 2 Payment Methods!

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 Non-Resident \$40 (unlimited classes)  
 Senior/Student \$30 (unlimited classes)

**Per Class/Drop-in:** Resident \$8  
 Non-Resident \$10

## Group Fitness Instructors

**Nancy Triscuit**  
**Jennifer Cranston**  
**Lisa George**  
**Toni Sloan**  
**Dana Voit**  
**Kelly Riddle**  
**Danielle Ducharme-Ward**  
**Flor Anderson**  
**Kim Walczak**  
**Stefanie Priore**  
**Lee Ann Duda-Cimperman**

**Our instructors teach to all fitness levels. Please do not be intimidated by the name of the class! Just let the instructor know you are new and she will be happy to give you some pointers and provide modications if and when they are needed!**

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 5/15/17 - 5/20/17)

Start Time	End Time	Class	Instructor	Location
<b>Monday (5/15/17)</b>				
8:30 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Back	Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Stefanie	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (5/16/17)</b>				
8:30 AM	9:15 AM	Tabata Yoga	Jennifer	Fitness Ctr
9:20 AM	10:20 AM	Cardio Butts and Gutts	Jennifer	Fitness Ctr
6:00 PM	6:55 PM	STRONG by Zumba	Lee Ann	Fitness Ctr
7:00 PM	8:00 PM	Strong Yoga Flow	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (5/17/17)</b>				
8:30 AM	9:25 AM	Cardio Kickboxing	Kelly Riddle	Fitness Ctr
9:30 AM	10:25 AM	Pilates	Kelly Riddle	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Kelly Riddle	Fitness Ctr
11:45 AM	12:15 PM	NO CLASS - back on 6/7/17		Fitness Ctr
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:30 PM	6:25 PM	Barre	Lee Ann	Fitness Ctr
6:30 PM	7:25 PM	Insanity	Dana	Fitness Ctr
7:30 PM	8:30 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (5/18/17)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Jennifer	Fitness Ctr
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
6:00 PM	6:30 PM	Strong Express	Danielle	Fitness Ctr
6:30 PM	7:25 PM	Zumba	Danielle	Fitness Ctr
7:30 PM	8:15 PM	Yoga for Every Body	Kelly Riddle	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Friday (5/19/17)</b>				
8:20 AM	9:15 AM	Strong Yoga Flow	Kelly Riddle	Fitness Ctr
9:20 AM	10:20 AM	CardioCore H.I.I.T.	Kelly Riddle	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Kelly Riddle	Fitness Ctr
12:00 PM	12:30 PM	NO CLASSES		Fitness Ctr
12:30 PM	1:00 PM	Will resume 6/1/17		Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (5/20/17)</b>				
8:00 AM	9:00 AM	Group Barbell	Lisa George	Fitness Ctr
9:10 AM	9:55 AM	Yoga Flow	Lisa George	Fitness Ctr
10:00 AM	11:00 AM	STRONG	Danielle	Fitness Ctr

### 2 Payment Methods!

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	<b>Non-Resident \$40 (unlimited classes)</b>
	<b>Senior/Student \$30 (unlimited classes)</b>
<b>Per Class/Drop-in:</b>	<b>Resident \$8</b>
	<b>Non-Resident \$10</b>

### Group Fitness Instructors

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**Danielle Ducharme-Ward**  
**Flor Anderson**  
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# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 5/22/17 - 5/27/17)

Start Time	End Time	Class	Instructor	Location
<b>Monday (5/22/17)</b>				
8:30 AM	9:15 AM	Yoga Flow	<b>Flor</b>	Fitness Ctr
9:20 AM	10:20 AM	STRONG	<b>Lee Ann</b>	Fitness Ctr
10:30 AM	11:15 AM	Zumba-Lite	<b>Lee Ann</b>	Fitness Ctr
12:00 PM	12:30 PM	<b>NO CLASSES</b>		Fitness Ctr
12:30 PM	1:00 PM	<b>Will resume 6/5/17</b>		Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Stefanie	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (5/23/17)</b>				
8:30 AM	9:15 AM	Iron Yoga	<b>Jennifer</b>	Fitness Ctr
9:20 AM	10:20 AM	<b>Group Barbell</b>	Jennifer	Fitness Ctr
6:00 PM	6:55 PM	Zumba	Michelle V.	Fitness Ctr
7:00 PM	8:00 PM	Strong Yoga Flow	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (5/24/17)</b>				
8:30 AM	9:25 AM	Pilates	<b>Kelly Riddle</b>	Fitness Ctr
9:30 AM	10:15 AM	Tabata Intervals	<b>Kelly Riddle</b>	Fitness Ctr
10:30 AM	11:15 AM	Yoga-Lite	<b>Kelly Riddle</b>	Fitness Ctr
11:45 AM	12:15 PM	NO CLASS -until 6/7/17		Fitness Ctr
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:30 PM	6:25 PM	Barre	Lee Ann	Fitness Ctr
6:30 PM	7:25 PM	Insanity	Dana	Fitness Ctr
7:30 PM	8:30 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (5/25/17)</b>				
8:30 AM	9:30 AM	Mash Up Mania	<b>Jennifer</b>	Fitness Ctr.
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr.
<b>1:30 PM</b>	<b>2:30 PM</b>	<b>Strong Yoga Flow</b>	<b>Flor</b>	Fitness Ctr.
6:00 PM	6:30 PM	STRONG Express	Danielle	Fitness Ctr.
6:30 PM	7:25 PM	Zumba	Danielle	Fitness Ctr.
7:30 PM	8:15 PM	Yoga for Every Body	<b>Kelly Riddle</b>	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
<b>Friday (5/26/17)</b>				
8:20 AM	9:15 AM	Strong Yoga Flow	<b>Kelly Riddle</b>	Fitness Ctr
9:20 AM	10:20 AM	Cardio Core H.I.I.T.	<b>Kelly Riddle</b>	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	<b>Kelly Riddle</b>	Fitness Ctr
12:00 PM	12:30 PM	<b>NO CLASSES</b>		Fitness Ctr
12:30 PM	1:00 PM	<b>Will resume 6/2/17</b>		Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (5/27/17)</b>				
8:00 AM	9:00 AM	Group Barbell	Lisa	Fitness Ctr
9:10 AM	9:55 AM	Yoga Flow	Lisa	Fitness Ctr
10:00AM	11:00 AM	STRONG	Lee Ann	Fitness Ctr
				Fitness Ctr

### 2 Payment Methods!

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 Non-Resident \$10

### Group Fitness Instructors

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# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

**(Week of 5/29/17 - 6/3/17)**

Start Time	End Time	Class	Instructor	Location
<b>Monday (5/29/17)</b>				
8:30 AM	9:15 AM			Fitness Ctr
9:20 AM	10:20 AM			Fitness Ctr
10:30 AM	11:15 AM	<b>NO</b>		Fitness Ctr
12:00 PM	12:30 PM	<b>CLASSES</b>		Fitness Ctr
12:30 PM	1:00 PM			Fitness Ctr
<b>HAPPY</b>				
4:45 PM	5:45 PM	<b>MEMORIAL</b>		Fitness Ctr
5:50 PM	6:50 PM	<b>DAY!</b>		Fitness Ctr
7:00 PM	8:00 PM			Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (5/30/17)</b>				
8:30 AM	9:15 AM	Iron Yoga	Jennifer	Fitness Ctr
9:20 AM	10:40 AM	Step Intervals	Jennifer	Fitness Ctr
6:00 PM	6:55 PM	STRONG	Lee Ann	Fitness Ctr
7:00 PM	8:00 PM	Strong Yoga Flow	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (5/31/17)</b>				
8:30 AM	9:25 AM	Pilates	Kelly Riddle	Fitness Ctr
9:30 AM	10:15 AM	Cardio Kickboxing	Kelly Riddle	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Kelly Riddle	Fitness Ctr
11:45 AM	12:15 PM	<b>No Classe until 6/7/17</b>		Fitness Ctr
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:30 PM	6:25 PM	Barre	Lee Ann	Fitness Ctr
6:30 PM	7:25 PM	Insanity	Dana	Fitness Ctr
7:30 PM	8:25 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (6/1/17)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr
6:00 PM	6:30 PM	STRONG Express	Danielle	Fitness Ctr
6:30 PM	7:25 PM	Zumba	Danielle	Fitness Ctr
7:30 PM	8:15 PM	Yoga For Every Body	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Friday (6/2/17)</b>				
8:20 AM	9:15 AM	Strong Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioCore H.I.I.T.	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Hips	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (6/3/17)</b>				
8:00 AM	9:00 AM	Group Barbell	Nancy	Fitness Ctr
9:15 AM	10:00 AM	Yoga Flow	Nancy	Fitness Ctr
10:05 AM	11:00 AM	STRONG by Zumba	Lee Ann	Fitness Ctr
11:00 AM		Group Barbell Elements	Nancy	Fitness Ctr

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                                   Non-Resident \$40 (unlimited classes)  
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