

CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

(Week of 12/2/19 - 12/7/19)

Start Time	End Time	Class	Instructor	Location
Monday (12/2/19)				
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	Kristie	Fitness Ctr

			Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Amy	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell - Basic	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Tuesday (12/3/19)				
8:30 AM	9:15 AM	Yoga Sculpt	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioMix	Jen	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	Becca	Fitness Ctr

6:30 PM	7:30 PM	Zumba Toning	Dana M.	Fitness Ctr.
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Start Time	End Time	Class	Instructor	Location
Wednesday (12/4/19)				
8:30 AM	9:30 AM	Pilates	Nancy	Fitness Ctr
9:30 AM	10:15 AM	Intervals	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
11:30 AM	12:30 PM	Gentle Yoga*	Amy	Fitness Ctr
12:45 PM	1:45 PM	Yoga Flow 3 week session	Amy	Fitness Ctr.

Pre-reg by 12/1 . No drop-ins after 12/4.

6:30 PM	7:25 PM	Zumba	Toni	Fitness Ctr
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Start Time	End Time	Class	Instructor	Location
Thursday (12/5/19)				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr.
9:35 AM	10:35 AM	Group Barbell	Kelly	Fitness Ctr.

5:40 PM	6:25 PM	Yoga for Every Body	Dana S.	Fitness Ctr.
6:30 PM	7:15 PM	Yoga with H.I.I.T.	Dana S.	Fitness Ctr.

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 modifications if and when they are needed!

Start Time	End Time	Class	Instructor	Location
Friday (12/6/19)				
8:20 AM	9:15 AM	Rejuvenate and Restore Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioCore	Kristie	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Saturday (12/7/19)				
8:15 AM	9:15 AM	Group Barbell	Nancy	Fitness Ctr.
9:30 AM	10:30 AM	Yoga Flow - Members free	Nancy	Fitness Ctr.

pre-register by 12/4 - can drop in if minimum is met by 12/4

SUNDAY (12/8)				
1:15 PM	2:15 PM	Sunday Family Yoga - #8979	Amy	Fitness Ctr

Pre-register by 12/5. Can drop-in and pay drop-in rate if minimum is met by 12/5

Payment Methods

Per Month Auto-Debit/Credit \$3 less than prices below
 Resident \$40 (unlimited classes)
 Non-Resident \$43 (unlimited classes)
 Senior/Student \$33 (unlimited classes)

Per Class/Drop-in: Resident \$10
 Non-Resident \$12

5 Class Pass: \$35

Group Fitness Instructors

| Nancy Triscuit
 Becca Russano
 Jennifer Cranston
 Lisa George
 Toni Sloan
 Dana Mikula
 Kristie Vassallo
 Kelly Riddle
 Amy Wilks
 Tara Jones
 Michelle Jones
 Michelle Vigus

Please pay attention to the classes in red and italics. They are pre-registration only classes. You must register for the 4 week sessions and individual classes at least 3 days in advance. If minimum is not met, the class or session will be cancelled. Those registered will be notified via email. If minimum is met, can register up until day of class. Those registered do not have to go to desk or swipe in.

CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

(Week of 12/9/19 - 12/14/19)

Start Time	End Time	Class	Instructor	Location
Monday (12/9/19)				
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	Kristie	Fitness Ctr
				Fitness Ctr
				Fitness Ctr
				Fitness Ctr
				Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Amy	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Tuesday (12/10/19)				
8:30 AM	9:15 AM	Yoga Sculpt	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioMix	Kristie	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	Becca	Fitness Ctr
				Fitness Ctr
6:30 PM	7:30 PM	Zumba Toning	Dana M.	Fitness Ctr.
				Nancy

Start Time	End Time	Class	Instructor	Location
Wednesday (12/11/19)				
8:30 AM	9:15 AM	Intervals	Nancy	Fitness Ctr
9:30 AM	10:25 AM	Pilates	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Zumba Toning - Lite	Dana M.	Fitness Ctr
11:30 AM	12:30 PM	Gentle Yoga*	Amy	Fitness Ctr
6:30 PM	7:25 PM	Zumba	Toni	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
Thursday (12/12/19)				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr.
9:35 AM	10:35 AM	Group Barbell	Kelly	Fitness Ctr.
5:40 PM	6:25 PM	Yoga for Every Body	Dana S.	Fitness Ctr.
6:45 PM	7:45 PM	Yoga with H.I.I.T.	Dana S.	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
Friday (12/13/19)				
8:20 AM	9:15 AM	Rejuvenate and Restore Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Cardio Core	Kristie	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Saturday (12/14/19)				
8:15 AM	9:15 AM	Group Barbell	Lisa	Fitness Ctr
9:30 AM	10:30 AM	Zumba - members free	Dana	Fitness Ctr
		<i>Please pre-register by 12/11 can drop in if minimum is met by 12/11</i>		

Payment Methods!

Per Month Auto-Debit/Credit \$3 less than prices below
 Resident \$40 (unlimited classes)
 Non-Resident \$43 (unlimited classes)
 Senior/Student \$33 (unlimited classes)

Per Class/Drop-in: Resident \$10
 Non-Resident \$12

5 Class Pass: \$35

Group Fitness Instructors

| Nancy Triscuit
 Becca Russano
 Dana Stelitano
 Jennifer Cranston
 Lisa George
 Toni Sloan
 Dana Mikula
 Kristie Vassallo
 Kelly Riddle
 Amy Wilks
 Tara Jones
 Michelle Jones
 Michelle Vigus

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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 modifications if and when they are needed!

CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

(Week of 12/16/19 - 12/21/19)

Remember to Pre-register for January session of Afternoon Yoga Flow

Start Time	End Time	Class	Instructor	Location
Monday (12/16/19)				
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	Kristie	Fitness Ctr
			Nancy	Fitness Ctr.

4:45 PM	5:45 PM	Strong Yoga Flow	Amy	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Tuesday (12/17/19)				
8:30 AM	9:15 AM	Yoga Sculpt	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Christmas Step/Intervals	Jen	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	Becca	Fitness Ctr
				Fitness Ctr

6:30 PM	7:30 PM	Zumba	Toni	Fitness Ctr. Nancy
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Start Time	End Time	Class	Instructor	Location
Wednesday (12/18/19)				
8:30 AM	9:30 AM	Pilates	Nancy	Fitness Ctr
9:30 AM	10:15 AM	Intervals	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
11:30 AM	12:30 PM	Gentle Yoga	Amy	Fitness Ctr
12:45 PM	1:45 PM	Yoga Flow	Amy	Fitness Ctr.

*In session - No Drop-ins. Remember to register for January session
January session - #8972*

6:30 PM	7:30 PM	Zumba	Toni	Fitness Ctr
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Start Time	End Time	Class	Instructor	Location
Thursday (12/19/19)				

8:30 AM	9:25 AM	Mash Up Mania	Kelly	Fitness Ctr.
9:35 AM	10:35 AM	Group Barbell	Kelly	Fitness Ctr.

5:40 PM	6:25 PM	Yoga for Every Body	Dana S.	Fitness Ctr.
6:45 PM	7:45 PM	Yoga with H.I.I.T.	Dana S.	Fitness Ctr.

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Start Time	End Time	Class	Instructor	Location
Friday (12/20/19)				
8:20 AM	9:15 AM	Rejuvenate and Restore Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Zumba Toning	Dana M.	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Saturday (12/21/19)				
8:15 AM	9:15 AM	Group Barbell	Nancy	Fitness Ctr.
9:30 AM	10:30 AM	Yoga Flow	Nancy	Fitness Ctr.

Please pre-register by 12/18. May drop in if minimum is met by 12/18.

Payment Methods	
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	Resident \$40 (unlimited classes)
	Non-Resident \$43 (unlimited classes)
	Senior/Student \$33 (unlimited classes)
Per Class/Drop-in:	Resident \$10
	Non-Resident \$12
5 Class Pass:	\$35

Group Fitness Instructors
Nancy Triscuit
Samantha Ettinger
Becca Russano
Jennifer Cranston
Lisa George
Toni Sloan
Dana Mikula
Kristie Vassallo
Kelly Riddle
Amy Wilks
Tara Jones
Michelle Jones
Michelle Vigus

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CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

(Week of 12/23/19 - 12/28/19)

PRE-REGISTER FOR THE 4 WEEK JANUARY SESSION OF WEDNESDAY AFTERNOON YOGA FLOW!

Start Time	End Time	Class	Instructor	Location
Monday (12/23/19)				
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	Kristie	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Friday (12/27/19)				
8:20 AM	9:15 AM	Strong Yoga Flow	Becca	Fitness Ctr
9:20 AM	10:20 AM	Zumba	Dana M.	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Dana S.	Fitness Ctr

4:45 PM	5:45 PM	Strong Yoga Flow	Amy	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Saturday (12/28/19)				
8:15 AM	9:15 AM	Strength Training	Becca	Fitness Ctr
9:30 AM	10:30 AM	Power Yoga Flow	Becca	Fitness Ctr
<i>No pre-reg. this week!</i>				

Start Time	End Time	Class	Instructor	Location
Tuesday (12/24/19)				
8:30 AM	9:15 AM	Yoga Sculpt	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioMix	Nancy	Fitness Ctr

NO CLASSES Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
Wednesday (12/25/19)				
8:30 AM	9:15 AM		Nancy	Fitness Ctr
9:30 AM	10:25 AM		Nancy	Fitness Ctr
10:30 AM	11:15 AM		Dana M.	Fitness Ctr
11:30 AM	12:30 PM	MERRY	Amy	Fitness Ctr

CHRISTMAS!

NO CLASSES

Start Time	End Time	Class	Instructor	Location
Thursday (12/26/19)				
8:30 AM	9:30 AM	CardioMix	Kelly	Fitness Ctr.
9:35 AM	10:35 AM	Group Barbell	Kelly	Fitness Ctr.

5:40 PM	6:25 PM	Yoga for Every Body	Dana S.	Fitness Ctr.
6:45 PM	7:45 PM	Yoga with H.I.I.T.	Dana S.	Fitness Ctr.

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CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

(Week of 12/30/19 - 1/4/20)

Start Time	End Time	Class	Instructor	Location
Monday (12/30/19)				
8:30 AM	9:15 AM	Yoga Flow	Becca	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Kristie	Fitness Ctr

			Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Amy	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell - Basic	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Tuesday (12/31/19)				
8:30 AM	9:15 AM	Yoga Sculpt	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioMix	Jen	Fitness Ctr

**BUILDING
CLOSED**

Start Time	End Time	Class	Instructor	Location
Wednesday (1/1/20)				
8:30 AM	9:30 AM		Nancy	Fitness Ctr
9:30 AM	10:15 AM		Nancy	Fitness Ctr
10:30 AM	11:15 AM	HAPPY	Nancy	Fitness Ctr
11:30 AM	12:30 PM	NEW	Amy	Fitness Ctr
12:45 PM	1:45 PM	YEAR!	Amy	Fitness Ctr.

**BUILDING
CLOSED**

6:30 PM	7:25 PM		Toni	Fitness Ctr
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Start Time	End Time	Class	Instructor	Location
Thursday (1/2/20)				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr.
9:35 AM	10:35 AM	Group Barbell	Kelly	Fitness Ctr.
5:40 PM	6:25 PM	Yoga for Every Body	Dana S.	Fitness Ctr.
6:30 PM	7:15 PM	Yoga with H.I.I.T.	Dana S.	Fitness Ctr.

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 modifications if and when they are needed!

Start Time	End Time	Class	Instructor	Location
Friday (1/3/20)				
8:20 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioCore	Kristie	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
Saturday (1/4/20)				
		NEW YEAR	Lisa	Fitness Ctr.
		NEW YOU!	Lisa	Fitness Ctr.

A fun line up of classes to try out! Come for one or stay for all!

Sunday (1/5/20)				
1:15 PM	2:15 PM	Sunday Family Yoga	Amy	Fitness Ctr
	#8979			<i>Pre-register by 1/2. Can drop-in and pay drop-in rate if minimum is met by 1/2.</i>

Payment Methods

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 Senior/Student \$33 (unlimited classes)

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 Non-Resident \$12

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