























Group Fitness Class Schedule

Effective April 5

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am							
8:30am			Yoga		Power Yoga		
9:30am	Pilates Mat	Yoga	Interval Training	Yoga			
10:35am						Yoga	Yoga
11:35am	Fit for Life		Fit for Life				
1:00pm	Silver Sneaker Muscular Strength/ROM	Silver Sneaker Muscular Strength/ROM		Silver Sneaker Muscular Strength/ROM	Silver Sneaker Muscular Strength/ROM		
5:30pm							
6:35pm				Pilates Mat	Gentle Yoga		
7:35pm		Yoga					

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
8:00am		Cycle 45			Cycle 60		Cycle 45
8:30am						Cycle 45	
9:00am		Cycle 30		Cycle 30			Cycle 45
9:30am	Cycle 45	Cycle 45	Cycle 45	Cycle 60	Cycle 60	Cycle 60	
10:45am						Cycle Clinic (once per month)	
5:45pm			Cycle 45				
6:30pm	Cycle 45	Cycle 45					
6:45pm				Cycle 45			

- Registration for CYCLE, Group POWER, Group ACTIVE, Group GROOVE, Group STEP and Silver Sneakers MS/ROM taken at the front desk.

1000 Higbee Drive, Bethel Park ▪ 412-835-0500 ▪ www.healthtrax.com

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm

Youth Activity Center Hours: Monday-Saturday 8:30am-1:00pm / Monday-Thursday 4:00-8:00pm (reservations required)