

SOUTH HILLS IN-PERSON GROUP EXERCISE SUMMER 2021

MONDAY

9 am

NEW Indoor Group Active with Elaine (begins 7/12)

10 am

NEW Indoor TRX with Sylvia \$10/class (begins 6/28)

11:15 am

NEW Indoor SilverSneakers Yoga with Soad (begins 7/26)

5 pm

NEW Indoor Zumba Gold with Bonnie (begins 6/28)

TUESDAY

8:30 am

NEW Indoor SilverSneakers Classic with Joanne (begins 7/13)

9 am

NEW Indoor Group Power with Elaine (begins 7/13)

10 am

Spartan Strong with Steve (South Hills Outdoor Area)

10:15 am

NEW Indoor SilverSneakers Circuit with Elaine (begins 7/13)

11 am

NEW Beginner Tai Chi with Sandy \$3/class (begins 7/13)

12 pm

Intermediate Tai Chi with Sandy \$3/class (**NEW** Indoors beginning 6/29)

WEDNESDAY

7 am

NEW Indoor Mobility/Strength with Steve (begins 7/14)

9 am

NEW Indoor Group Active with Elaine (begins 7/14)

THURSDAY

8:30 am

NEW Indoor SilverSneakers Classic with Joanne (begins 7/15)

9 am

NEW Indoor Group Power with Elaine (begins 7/15)

10 am

NEW Indoor TRX with Sylvia \$10/class (begins 7/1)

10:15 am

NEW Indoor SilverSneakers Circuit with Elaine (begins 7/15)

1 pm

NEW Indoor Intermediate Adult Tap with Kathy (begins 7/22)

5 pm

NEW Indoor Zumba Gold with Bonnie (begins 7/1)

FRIDAY

SATURDAY

9-10 am

Boot Camp with Medardo (**NEW** Indoors beginning 7/3)

Register in advance on MINDBODY. All classes are indoors except where noted.

*as of 6/25/21