

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

(Week of 12/31/18 - 1/5/19)

Start Time	End Time	Class	Instructor	Location
<b>Monday (12/31/18)</b>				
8:30 AM	9:15 AM	Yoga Flow	Tara	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Tara	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Kristie	Fitness Ctr
11:30 AM	12:30 PM	Class Cancelled! See you 1/7	Becca	Fitness Ctr

BUILDING				
4:45 PM	5:45 PM	CLOSED	Amy	Fitness Ctr
5:50 PM	6:50 PM	HAPPY	Toni	Fitness Ctr
7:00 PM	8:00 PM	NEW YEAR!	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (1/1/19)</b>				
8:30 AM	9:15 AM		Nancy	Fitness Ctr
9:20 AM	10:20 AM	BUILDING	Jen	Fitness Ctr
10:30 AM	11:30 AM	CLOSED		Fitness Ctr
HAPPY				
6:00 PM	6:55 PM	NEW	Tara	Fitness Ctr
7:00 PM	8:00 PM	YEAR!	Tara	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (1/2/19)</b>				
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	Restorative Yoga	Amy	Fitness Ctr
12:45 PM	1:45 PM	Yoga Flow	Amy	Fitness Ctr.
5:40 PM	6:25 PM	bbarreless	Michelle J.	Fitness Ctr
6:30 PM	7:15 PM	Intervals	Michelle J.	Fitness Ctr
7:20 PM	8:20 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (1/3/19)</b>				
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	7:30 PM	Zumba	Dana M.	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
<b>Friday (1/4/18)</b>				
8:20 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Cardio Core H.I.I.T.	Jen	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
11:30 AM	12:30 PM	Pilates30/Yoga30	Nancy	Fitness Ctr

Come for one or stay for both!

Start Time	End Time	Class	Instructor	Location
<b>Saturday (1/5/18)</b>				
8:00 AM	11:00 AM	JANUARY JUMP START!		Fitness Ctr.
		Three hours of back to back mini classes. Schedule will be posted! Come for one or stay for all! No boredom allowed!		Fitness Ctr.
				Fitness Ctr.

## 2 Payment Methods!

<b>Per Month:</b>	Resident \$37 (unlimited classes)
	Non-Resident \$40 (unlimited classes)
	Senior/Student \$30 (unlimited classes)
<b>Per Class/Drop-in:</b>	Resident \$8
	Non-Resident \$10

## Group Fitness Instructors

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

### Restorative Yoga

A gentle, nourishing practice.  
See Group Fitness Class Descriptions

### \*Gentle Flow Yoga

Learn how to incorporate flow into your practice - lots of modifications!

**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 1/7/19 - 1/12/19)

Start Time	End Time	Class	Instructor	Location
<b>Monday (1/7/19)</b>				
8:30 AM	9:15 AM	Yoga	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
11:30 AM	12:30 PM	Yoga Flow	Becca	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
<b>Tuesday (1/8/19)</b>				
8:30 AM	9:15 AM	Iron Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Cardio Butts and Gutts	Jennifer	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	Becca	Fitness Ctr
6:00 PM	6:55 PM	Cardio/Sculpt Mix	Lisa	Fitness Ctr
7:00 PM	8:00 PM	20/20/20 -Cardio, Barre, Yoga	Tara	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (1/9/19)</b>				
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	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
12:45 PM	1:45 PM	Active Balance Conditioning	Nancy	Gym
5:40 PM	6:25 PM	bbarreless	Michelle J.	Fitness Ctr
6:30 PM	7:15 PM	Intervals	Michelle J.	Fitness Ctr
		All Levels - Beginners to advanced!		
7:20 PM	8:20 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (1/10/19)</b>				
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	7:30 PM	Zumba	Dana M.	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
<b>Friday (1/11/19)</b>				
8:20 AM	9:15 AM	Strong Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Zumba	Dana	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
11:30 AM	12:30 PM	Pilates30/Yoga30	Nancy	Fitness Ctr
Come for one or stay for both!				

Start Time	End Time	Class	Instructor	Location
<b>Saturday (1/12/19)</b>				
8:00 AM	9:00 AM	Group Barbell	Nancy	Fitness Ctr
9:10 AM	10:10 AM	Yoga Flow	Nancy	Fitness Ctr
10:15 AM		Group Barbell Elements	Nancy	Fitness Ctr

**Payment Methods!**

**Per Month: Auto-Debit/Credit \$3 less than following prices**

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/resident, \$45/non-resident

**Group Fitness Instructors**

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

**\*Restorative Yoga**  
Name changed to Gentle Yoga

**\*Hatha Yoga**  
A more relaxed paced practice incorporating breathwork and deliberate muscle awareness.

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 1/14/19 - 1/19/19)

Start Time	End Time	Class	Instructor	Location
<b>Monday (1/14/19)</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
11:30 AM	12:30 AM	<b>Yoga Flow</b>	<b>Becca</b>	Fitness Ctr
4:45 PM	5:45 PM	<b>Strong Yoga Flow</b>	<b>Amy</b>	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
<b>Tuesday (1/15/19)</b>				
8:30 AM	9:15 AM	Tabata Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Step	Jennifer	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	<b>Becca</b>	Fitness Ctr
6:00 PM	6:55 PM	<b>Cardio/Sculpt Mix</b>	<b>Lisa</b>	Fitness Ctr
7:00 PM	8:00 PM	<b>20/20/20 -Cardio, barre, Yoga</b>	<b>Tara</b>	<b>Fitness Ctr</b>

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (1/16/19)</b>				
8:30 AM	9:25 AM	Pilates	<b>Nancy</b>	Fitness Ctr
9:30 AM	10:15 AM	Intervals	<b>Nancy</b>	Fitness Ctr
10:30 AM	11:15 AM	Zumba-Lite	<b>Dana</b>	Fitness Ctr
11:30 AM	12:30 PM	Gentle Yoga*	Amy	Fitness Ctr
12:45 PM	1:45 PM	Yoga Flow	<b>Amy</b>	<b>Fitness Ctr</b>
12:45 PM	1:45 PM	Active Balance Conditioning	<b>Nancy</b>	<b>Gym</b>
5:40 PM	6:25 PM	bbarreless	Michelle J.	Fitness Ctr
6:30 PM	7:15 PM	Intervals	Michelle J.	Fitness Ctr
7:20 PM	8:20 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (1/17/19)</b>				
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.	<b>Fitness Ctr</b>
6:30 PM	7:30 PM	Zumba	Dana M.	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Friday (1/18/19)</b>				
8:20 AM	9:15 AM	Strong Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Cardio Core H.I.I.T.	Jen	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
11:30 AM	12:30 PM	<b>Pilates30/Yoga30</b>	Nancy	Fitness Ctr

**Come for one or stay for both!**

Start Time	End Time	Class	Instructor	Location
<b>Saturday (1/19/19)</b>				
8:00 AM	9:00 AM	Group Barbell	Lisa	Fitness Ctr
9:10 AM	10:10 AM	<b>Zumba!!!!!!!!!!!!</b>	<b>Lisa</b>	Fitness Ctr

**2 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/resident, \$45/non-resident**

**Group Fitness Instructors**

- Nancy Triscuit**
- Jennifer Cranston**
- Lisa George**
- Toni Sloan**
- Dana Mikula**
- Kelly Riddle**
- Kristie Vassallo**
- Michelle Jones**
- Rebecca Russano**
- Amy Wilks**
- Michelle Vigus**

**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!**

**\*Restorative Yoga**  
Name changed to Gentle Yoga

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 1/21/19 - 1/26/19)

Start Time	End Time	Class	Instructor	Location
<b>Monday (1/21/19)</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
<b>11:30 AM</b>	<b>11:30 AM</b>	<b>Yoga Flow</b>	<b>Becca</b>	Fitness Ctr Fitness Ctr
<b>4:45 PM</b>	<b>5:45 PM</b>	<b>Strong Yoga Flow</b>	<b>Amy</b>	<b>Fitness Ctr</b>
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
<b>Tuesday (1/22/19)</b>				
8:30 AM	9:15 AM	Iron Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Step Intervals	Jen	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	Becca	Fitness Ctr
6:00 PM	6:55 PM	Cardio/Sculpt Mix	Lisa	Fitness Ctr
<b>7:00 PM</b>	<b>8:00 PM</b>	<b>20/20/20 -Cardio, barre, Yoga</b>	<b>Tara Jones</b>	<b>Fitness Ctr</b>

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (1/23/19)</b>				
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	Fitness-Lite	Nancy	Fitness Ctr
11:30 AM	12:30 PM	Gentle Yoga*	Amy	Fitness Ctr
<b>12:45 PM</b>	<b>1:45 PM</b>	<b>Yoga Flow</b>	<b>Amy</b>	<b>Fitness Ctr.</b>
<b>12:45 PM</b>	<b>1:45 PM</b>	<b>Active Balance Conditioning</b>	<b>Nancy</b>	<b>Gym</b>
<b>5:40 PM</b>	<b>6:25 PM</b>	<b>bbarreless</b>	<b>Michelle J.</b>	<b>Fitness Ctr</b>
6:30 PM	<b>7:15 PM</b>	Intervals	Michelle J.	Fitness Ctr.
<b>All levels beginner to advanced!</b>				
<b>7:20 PM</b>	8:20 PM	Zumba	Toni	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
<b>Thursday (1/24/19)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr.
<b>9:35 AM</b>	10:35 AM	Group Barbell	Kelly	Fitness Ctr.
5:40 PM	6:25 PM	Yoga for Every Body	<b>Dana S.</b>	Fitness Ctr.
6:30 PM	7:30 PM	Zumba	<b>Dana M.</b>	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
<b>Friday (1/25/19)</b>				
<b>8:20 AM</b>	9:15 AM	Strong Yoga Flow	<b>Nancy</b>	Fitness Ctr
9:20 AM	10:20 AM	Zumba	Dana	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
11:30 AM	12:30 PM	<b>Pilates30/Yoga30</b>	Nancy	Fitness Ctr
<b>Come for one or stay for both!</b>				Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (1/26/19)</b>				
8:00 AM	9:00 AM	Group Barbell	<b>Nancy</b>	Fitness Ctr
9:10 AM	10:10 AM	<b>Yoga Flow</b>	<b>Nancy</b>	Fitness Ctr

**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/resident, \$45/non-resident

**Group Fitness Instructors**

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

\*Restorative Yoga  
Name changed to Gentle Yoga

**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 1/28/19 - 2/2/19)

Start Time	End Time	Class	Instructor	Location
<b>Monday (1/28/19)</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
11:30 AM	12:30 PM	<b>Yoga Flow</b>	<b>Becca</b>	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	<b>Amy</b>	<b>Fitness Ctr</b>
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
<b>Tuesday (1/29/19)</b>				
8:30 AM	9:15 AM	Tabata Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	<b>Kickbox Intervals</b>	Jen	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	<b>Becca</b>	Fitness Ctr
6:00 PM	6:55 PM	<b>Cardio/Sculpt Mix</b>	<b>Lisa</b>	Fitness Ctr
7:00 PM	8:00 PM	<b>20/20/20 -Cardio, Barre, Yoga</b>	<b>Tara</b>	<b>Fitness Ctr</b>

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (1/30/19)</b>				
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	<b>Zumba-Lite</b>	<b>Dana M.</b>	Fitness Ctr
11:30 AM	12:30 PM	<b>Gentle Yoga*</b>	<b>Amy</b>	Fitness Ctr
12:45 PM	1:45 PM	<b>Yoga Flow</b>	<b>Amy</b>	<b>Fitness Ctr.</b>
12:45 PM	1:45 PM	<b>Active Balance Conditioning</b>	<b>Nancy</b>	<b>Gym</b>
5:40 PM	6:25 PM	bbarreless	Michelle J.	Fitness Ctr
6:30 PM	7:15 PM	Intervals	Michelle J.	Fitness Ctr
7:20 PM	8:20 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (1/31/19)</b>				
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	<b>Dana S.</b>	Fitness Ctr.
6:30 PM	7:30 PM	Zumba	Dana M.	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
<b>Friday (2/1/19)</b>				
8:20 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Cardio Core H.I.I.T.	<b>Jen</b>	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
11:30 AM	12:30 PM	<b>Pilates30/Yoga30</b>	Nancy	Fitness Ctr

**Come for one or stay for both!**

Start Time	End Time	Class	Instructor	Location
<b>Saturday (2/2/19)</b>				
8:00 AM	9:00 AM	<b>Will be on February calendar!</b>		Fitness Ctr.
9:10 AM	10:10 AM			<b>Fitness Ctr.</b>
				Fitness Ctr.

<b>Payment Methods</b>	
<b>Per Month: Auto-Debit/Credit \$3 less than prices below</b>	
	Resident \$40 (unlimited classes)
	Non-Resident \$43 (unlimited classes)
	Senior/Student \$33 (unlimited classes)
<b>Per Class/Drop-in:</b>	Resident \$10
	Non-Resident \$12
<b>5 Class Pass:</b>	\$35/resident, \$45 non-resident

<b>Group Fitness Instructors</b>
Nancy Triscuit
Jennifer Cranston
Lisa George
Toni Sloan
Dana Mikula
Kristie Vassallo
Kelly Riddle
Amy Wilks
Tara Jones
Michelle Jones
Michelle Vigus

\*Restorative Yoga  
Name changed to Gentle Yoga

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!