

**\$5/CLASS OR
Buy 10 class pass for \$40
Pre-Reg only!**

**If we do not get the
minimum 24 hours in
advance we may cancel!**

August 2021



**To Pre-register: Call the office at 724-779-4386 ext. 1129 or register online:
<https://apm.activecommunities.com/cranberrytownship/home>**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 DM Sunday Funday! Zumba Sculpt	2 8:45 N CardioBarbell 10:00 Muscles & Mobility 10:15 A Yoga Flow-AMP 6:30 M Bar Fight	3 8:30 N MoYo Flow—AMP 10:00 K Fit-Lite-Lion's 5:20 DS Gentle Yoga—AMP 6:30 DM Zumba	4 10:15 A-Yoga Flow—AMP 11:30 A-Gentle Yoga 6:00 M Interval Training 6:00 M Interval Training V	5 9:00 N Sculpt360 10:30 N Fit-Lite— Osteo Friendly! 6:00 M Sculpt360 6:00 M Sculpt360 Virtual	6 7:30 B Sunrise Yoga—AMP 9:00 N Interval Training 10:30 N Pavilion Chair Yoga—Lion's Shelter	7 8:30 N CardioBarbell 9:45 N Gentle Yoga
8 9:00 DM Sunday Funday! Zumba Sculpt	9 8:45 N CardioBarbell 10:00 Muscles & Mobility 10:15 A Yoga Flow-AMP 6:30 M Bar Fight	10 8:30 N MoYo Flow—AMP 10:00 K Fit-Lite-Lion's 5:20 DS Gentle Yoga—AMP 6:30 DM Zumba	11 10:15 A-Yoga Flow-AMP 11:30 A -Gentle Yoga 6:00 B-Yoga Flow/Pilates Fusion—IN	12 9:00 N Sculpt360 10:30 N Fit-Lite— Osteo Friendly! 6:00 M Sculpt360 6:00 M Sculpt360 Virtual	13 7:30 B Sunrise Yoga—AMP 9:00 N Interval Training 10:30 N Pavilion Chair Yoga—Lion's Shelter	14 8:30 M Sculpt360 9:45 N Yoga Flow—AMP
15 9:00 DM Sunday Funday! Zumba Sculpt	16 8:45 N CardioBarbell 10:00 Muscles & Mobility 10:15 A Yoga Flow-AMP 6:30 M Bar Fight	17 8:30 N MoYo Flow—AMP 10:00 K Fit-Lite-Lion's 5:20 DS Gentle Yoga—AMP 6:30 DM Zumba	18 10:15 A-Yoga Flow—AMP 11:30 T-Gentle Yoga 6:00 M Interval Training 6:00 M Interval Training V	19 9:00 N Sculpt360 10:30 N Fit-Lite— Osteo Friendly! 6:00 M Sculpt360 6:00 M Sculpt360 Virtual	20 7:30 B Sunrise Yoga—AMP 9:00 N Interval Training 10:30 N Pavilion Chair Yoga—Lion's Shelter	21 8:30 N CardioBarbell 9:45 N Gentle Yoga—AMP
22 9:00 DM Sunday Funday! Zumba Sculpt	23 8:45 N CardioBarbell 10:00 Muscles & Mobility 10:15 A Yoga Flow-AMP 6:30 M Bar Fight	24 8:30 N MoYo Flow—AMP 10:00 K Fit-Lite-Lion's 5:20 DS Gentle Yoga—AMP 6:30 DM Zumba	25 10:15 A-Yoga Flow-AMP 11:30 T -Gentle Yoga 6:00 B-Yoga Flow/Pilates Fusion—IN	26 9:00 N Sculpt360 10:30 N Fit-Lite— Osteo Friendly! 6:00 M Sculpt360 6:00 M Sculpt360 Virtual	27 7:30 B Sunrise Yoga—AMP 9:00 N Interval Training 10:30 N Pavilion Chair Yoga—Lion's Shelter	28 8:30 M Sculpt360 9:45 N Yoga Flow—AE SkatePark
29 9:00 DM Sunday Funday! Zumba Sculpt	30 8:45 N CardioBarbell 10:00 Muscles & Mobility 10:15 A Yoga Flow-AMP 6:30 M Bar Fight	31 8:30 N MoYo Flow—AMP 10:00 K Fit-Lite-Lion's 5:20 DS Gentle Yoga—AMP 6:30 DM Zumba	N—Nancy Triscuit M—Michelle Jones K—Kristie Vassallo A— Amy Wilks D—Dana Stellitano B—Becca Russano T—Terri Schindler DM—Dana Mikula	Blue—Virtual Green—outside class Red—Important info AMP— Amphitheater	3	