

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 5/7/18 - 5/12/18)

| Start Time             | End Time       | Class             | Instructor   | Location                   |
|------------------------|----------------|-------------------|--------------|----------------------------|
| <b>Monday (5/7/18)</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      | <b>Becca</b> | Fitness Ctr                |
| 12:00 PM               | <b>1:00 PM</b> | <b>Hatha Yoga</b> | <b>Becca</b> | Fitness Ctr<br>Fitness Ctr |
| 4:45 PM                | 5:45 PM        | Strong Yoga Flow  | Flor         | Fitness Ctr                |
| 5:50 PM                | 6:50 PM        | Zumba             | Toni         | Fitness Ctr                |
| 7:00 PM                | 8:00 PM        | Group Barbell     | <b>Nancy</b> | Fitness Ctr                |

| Start Time              | End Time | Class            | Instructor | Location    |
|-------------------------|----------|------------------|------------|-------------|
| <b>Tuesday (5/8/18)</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 | <b>Cancelled</b> |            | Fitness Ctr |
| 6:00 PM                 | 6:55 PM  | STRONG by Zumba  | Kristin    | Fitness Ctr |
| 7:00 PM                 | 8:00 PM  | Strong Yoga Flow | Flor       | Fitness Ctr |

| Start Time                | End Time        | Class                      | Instructor   | Location    |
|---------------------------|-----------------|----------------------------|--------------|-------------|
| <b>Wednesday (5/9/18)</b> |                 |                            |              |             |
| 8:30 AM                   | 9:15 AM         | Pilates                    | Nancy        | Fitness Ctr |
| 9:30 AM                   | 10:15 AM        | Tabata Intervals           | Nancy        | Fitness Ctr |
| 10:30 AM                  | 11:15 AM        | Fitness-Lite               | <b>Nancy</b> | Fitness Ctr |
| <b>11:30 AM</b>           | <b>12:15 PM</b> | <b>Pilates/Yoga Fusion</b> | <b>Nancy</b> | Fitness Ctr |

|                |                |             |                |             |
|----------------|----------------|-------------|----------------|-------------|
| <b>5:40 PM</b> | 6:25 PM        | bbarreless* | Michelle J.    | Fitness Ctr |
| 6:30 PM        | <b>7:15 PM</b> | Intervals   | Michelle J.    | Fitness Ctr |
| <b>7:20 PM</b> | <b>8:20 PM</b> | Zumba       | <b>Dana M.</b> | Fitness Ctr |

| Start Time                | End Time | Class                         | Instructor | Location    |
|---------------------------|----------|-------------------------------|------------|-------------|
| <b>Thursday (5/10/18)</b> |          |                               |            |             |
| 8:30 AM                   | 9:30 AM  | Mash Up Mania                 | Kelly      | Fitness Ctr |
| 9:40 AM                   | 10:40 AM | Group Barbell                 | Kelly      | Fitness Ctr |
| <b>5:40 PM</b>            | 6:25 PM  | <b>Cancelled until May 31</b> | Nancy      | Fitness Ctr |
| 6:30 PM                   | 7:25 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 modications if and when they are needed!**

| Start Time              | End Time | Class                      | Instructor | Location    |
|-------------------------|----------|----------------------------|------------|-------------|
| <b>Friday (5/11/18)</b> |          |                            |            |             |
| 8:20 AM                 | 9:15 AM  | Strong Yoga Flow           | Nancy      | Fitness Ctr |
| 9:20 AM                 | 10:20 AM | CardioCore Circuit         | Jen        | Fitness Ctr |
| 10:30 AM                | 11:15 AM | Chair Yoga                 | Nancy      | Fitness Ctr |
| 12:00 PM                | 12:30 PM | Pilates                    | Nancy      | Fitness Ctr |
| 12:30 PM                | 1:00 PM  | Yoga Specifics - Shoulders | Nancy      | Fitness Ctr |

| Start Time                | End Time | Class            | Instructor   | Location    |
|---------------------------|----------|------------------|--------------|-------------|
| <b>Saturday (5/12/18)</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 |

### 2 Payment Methods!

**Per Month:** Resident \$37 (unlimited classes)  
 Non-Resident \$40 (unlimited classes)  
 Senior/Student \$30 (unlimited classes)

**Per Class/Drop-in:** Resident \$8  
 Non-Resident \$10

### Group Fitness Instructors

**Nancy Triscuit**  
**Jennifer Cranston**  
**Lisa George**  
**Toni Sloan**  
**Dana Mikula**  
**Kelly Riddle**  
**Danielle Ducharme-Ward**  
**Flor Anderson**  
**Kristin Schulz**  
**Michelle Jones**  
**Rebecca Russano**

#### Restorative Yoga

A gentle, nourishing practice  
 See Group Fitness Class Descriptions

#### Active Balance Conditioning

See Group Fitness Class Descriptions

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 5/14/18 - 5/19/18)

| Start Time              | End Time | Class                 | Instructor | Location    |
|-------------------------|----------|-----------------------|------------|-------------|
| <b>Monday (5/14/18)</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 |
| 12:00 PM                | 12:30 PM | Pilates               | Nancy      | Fitness Ctr |
| 12:30 PM                | 1:00 PM  | Yoga Specifics - Hips | Nancy      | 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 (5/15/18)</b> |                 |                                  |                |                    |
| 8:30 AM                  | 9:15 AM         | Yoga Flow                        | Becca R        | Fitness Ctr        |
| 9:20 AM                  | 10:20 AM        | H.I.I.T. Intervals               | Jennifer       | Fitness Ctr        |
| 10:30 AM                 | 11:30 AM        | Hatha Yoga                       | Becca R        | Fitness Ctr        |
| <b>11:45 AM</b>          | <b>12:30 PM</b> | <b>Yoga Nidra*See newsletter</b> | <b>Becca R</b> | <b>Fitness Ctr</b> |
| 6:00 PM                  | 6:55 PM         | <b>STRONG by Zumba</b>           | Kristin        | Fitness Ctr        |

| Start Time                 | End Time | Class            | Instructor | Location    |
|----------------------------|----------|------------------|------------|-------------|
| <b>Wednesday (5/16/18)</b> |          |                  |            |             |
| 9:00 AM                    | 10:00 AM | Zumba            | Dana M.    | Fitness Ctr |
| 10:30 AM                   | 11:15 AM | Fitness-Lite     | Becca R    | Fitness Ctr |
| 11:30 AM                   | 12:30 PM | Restorative Yoga | Becca R    | 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 (5/17/18)</b> |          |                             |            |              |
| 8:30 AM                   | 9:30 AM  | Mash Up Mania               | Kelly      | Fitness Ctr. |
| 9:40 AM                   | 10:40 AM | Group Barbell               | Kelly      | Fitness Ctr. |
| 5:40 PM                   | 6:25 PM  | Class Cancelled - back 5/31 |            | Fitness Ctr. |
| 6:30 PM                   | 7:25 PM  | Zumba                       | Dana M.    | Fitness Ctr. |

| Start Time              | End Time | Class                 | Instructor | Location    |
|-------------------------|----------|-----------------------|------------|-------------|
| <b>Friday (5/18/18)</b> |          |                       |            |             |
| 8:20 AM                 | 9:15 AM  | Strong Yoga Flow      | Kelly      | Fitness Ctr |
| 9:20 AM                 | 10:20 AM | Cardio Core H.I.I.T.  | Kelly      | Fitness Ctr |
| 10:30 AM                | 11:15 AM | Chair Yoga            | Kelly      | Fitness Ctr |
| 12:00 PM                | 12:30 PM | Pilates               | Kelly      | Fitness Ctr |
| 12:30 PM                | 1:00 PM  | Yoga Specifics - Back | Kelly      | Fitness Ctr |

| Start Time                | End Time | Class         | Instructor | Location    |
|---------------------------|----------|---------------|------------|-------------|
| <b>Saturday (5/19/18)</b> |          |               |            |             |
| 8:00 AM                   | 9:00 AM  | Group Barbell | Lisa       | Fitness Ctr |
| 9:10 AM                   | 10:10 AM | Zumba         | Lisa       | 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**  
**Kristin Schulz**  
**Kelly Riddle**  
**Danielle Ducharme-Ward**  
**Flor Anderson**  
**Rebecca Russano**  
**Michelle Jones**

#### Restorative Yoga

A gentle, nourishing practice.  
See Group Fitness Class Descriptions

#### Active Balance Conditioning

See Group Fitness Class descriptions

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 5/21/18 - 5/26/18)

| Start Time              | End Time | Class                | Instructor | Location    |
|-------------------------|----------|----------------------|------------|-------------|
| <b>Monday (5/21/18)</b> |          |                      |            |             |
| 8:30 AM                 | 9:15 AM  | Yoga Flow            | Becca      | Fitness Ctr |
| 9:20 AM                 | 10:20 AM | Group Barbell        | Lisa       | Fitness Ctr |
| 10:30 AM                | 11:15 AM | Fitness-Lite         | Kelly      | Fitness Ctr |
| 12:00 PM                | 12:30 PM | Pilates              | Kelly      | Fitness Ctr |
| 12:30 PM                | 1:00 PM  | Yoga Specifics -Core | Kelly      | Fitness Ctr |

|         |         |               |      |             |
|---------|---------|---------------|------|-------------|
| 5:50 PM | 6:50 PM | Zumba         | Dana | Fitness Ctr |
| 7:00 PM | 8:00 PM | Group Barbell | Lisa | Fitness Ctr |

| Start Time               | End Time        | Class                            | Instructor     | Location           |
|--------------------------|-----------------|----------------------------------|----------------|--------------------|
| <b>Tuesday (5/22/18)</b> |                 |                                  |                |                    |
| 8:30 AM                  | 9:15 AM         | Yoga Flow                        | Becca R        | Fitness Ctr        |
| 9:20 AM                  | 10:20 AM        | Step Intervals                   | Jennifer       | Fitness Ctr        |
| 10:30 AM                 | 11:30 AM        | Hatha Yoga                       | Becca R        | Fitness Ctr        |
| <b>11:45 AM</b>          | <b>12:30 PM</b> | <b>Yoga Nidra*See newsletter</b> | <b>Becca R</b> | <b>Fitness Ctr</b> |
| 6:00 PM                  | 6:55 PM         | <b>STRONG by Zumba</b>           | <b>Kristin</b> | Fitness Ctr        |

| Start Time                 | End Time        | Class                   | Instructor     | Location    |
|----------------------------|-----------------|-------------------------|----------------|-------------|
| <b>Wednesday (5/23/18)</b> |                 |                         |                |             |
| 8:30 AM                    | 9:25 AM         | Pilates                 | Lisa           | Fitness Ctr |
| 9:30 AM                    | 10:15 AM        | Tabata Intervals        | Lisa           | Fitness Ctr |
| 10:30 AM                   | 11:15 AM        | Fitness-Lite            | Becca R        | Fitness Ctr |
| <b>11:30 AM</b>            | <b>12:30 PM</b> | <b>Restorative Yoga</b> | <b>Becca R</b> | 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      | Dana        | Fitness Ctr |

| Start Time                | End Time | Class                      | Instructor | Location    |
|---------------------------|----------|----------------------------|------------|-------------|
| <b>Thursday (5/24/18)</b> |          |                            |            |             |
| 8:30 AM                   | 9:30 AM  | Mash Up Mania              | Kelly      | Fitness Ctr |
| 9:40 AM                   | 10:40 AM | Group Barbell              | Kelly      | Fitness Ctr |
| 5:40 PM                   | 6:25 PM  | Class cancelled until 5/31 |            | Fitness Ctr |
| 6:30 PM                   | 7:25 PM  | Zumba                      | Dana M.    | Fitness Ctr |

| Start Time              | End Time | Class               | Instructor | Location    |
|-------------------------|----------|---------------------|------------|-------------|
| <b>Friday (5/25/18)</b> |          |                     |            |             |
| 8:20 AM                 | 9:15 AM  | Yoga Flow           | Becca      | Fitness Ctr |
| 9:20 AM                 | 10:20 AM | Cardio Core Circuit | Jennifer   | Fitness Ctr |
| 10:30 AM                | 11:15 AM | Zumba-Lite          | Dana M.    | Fitness Ctr |
| 12:00 PM                | 12:30 PM | Classes             |            | Fitness Ctr |
| 12:30 PM                | 1:00 PM  | Cancelled           |            | Fitness Ctr |

| Start Time                | End Time | Class       | Instructor | Location    |
|---------------------------|----------|-------------|------------|-------------|
| <b>Saturday (5/26/18)</b> |          |             |            |             |
| 8:00 AM                   | 9:00 AM  | CLOSED      |            | Fitness Ctr |
| 9:10 AM                   | 10:10 AM | FOR WEEKEND |            | 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**  
**Kristin Schulz**  
**Michelle Vigus**  
**Kelly Riddle**  
**Danielle Ducharme-Ward**  
**Flor Anderson**  
**Rebecca Russano**

#### Restorative Yoga

Gentle, nourishing practice  
See Group Fitness Descriptions

#### Active Balance Conditioning

See Group Fitness Descriptions

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 5/28/18 - 6/2/18)

| Start Time              | End Time | Class           | Instructor | Location    |
|-------------------------|----------|-----------------|------------|-------------|
| <b>Monday (5/28/18)</b> |          |                 |            |             |
| 8:30 AM                 | 9:15 AM  |                 | Nancy      | Fitness Ctr |
| 9:20 AM                 | 10:20 AM |                 | Nancy      | Fitness Ctr |
| 10:30 AM                | 11:15 AM | <b>NO</b>       | Nancy      | Fitness Ctr |
| 12:00 PM                | 12:30 PM | <b>CLASSES</b>  | Nancy      | Fitness Ctr |
| 12:30 PM                | 1:00 PM  |                 | Nancy      | Fitness Ctr |
| <b>HAPPY</b>            |          |                 |            |             |
| 4:45 PM                 | 5:45 PM  | <b>MEMORIAL</b> | Flor       | Fitness Ctr |
| 5:50 PM                 | 6:50 PM  | <b>DAY!</b>     | Toni       | Fitness Ctr |
| 7:00 PM                 | 8:00 PM  |                 | Lisa       | Fitness Ctr |

| Start Time               | End Time | Class                            | Instructor      | Location           |
|--------------------------|----------|----------------------------------|-----------------|--------------------|
| <b>Tuesday (5/29/18)</b> |          |                                  |                 |                    |
| 8:30 AM                  | 9:15 AM  | <b>Tabata Yoga</b>               | <b>Jennifer</b> | Fitness Ctr        |
| 9:20 AM                  | 10:20 AM | Cardio Butts and Gutts           | Jennifer        | Fitness Ctr        |
| 10:30 AM                 | 11:30 AM | <b>Hatha Yoga</b>                | <b>Becca R</b>  | Fitness Ctr        |
| 11:45 AM                 | 12:30 PM | <b>Yoga Nidra*See newsletter</b> | <b>Becca R</b>  | <b>Fitness Ctr</b> |
| 6:00 PM                  | 6:55 PM  | <b>STRONG by Zumba</b>           | Kristin         | Fitness Ctr        |

| Start Time                 | End Time | Class                       | Instructor     | Location    |
|----------------------------|----------|-----------------------------|----------------|-------------|
| <b>Wednesday (5/30/18)</b> |          |                             |                |             |
| 8:30 AM                    | 9:25 AM  | Boot 30/30* (8:30 and 9:00) | Nancy          | Fitness Ctr |
| 9:30 AM                    | 10:25 AM | Pilates                     | Nancy          | Fitness Ctr |
| 10:30 AM                   | 11:15 AM | Fitness-Lite                | <b>Becca R</b> | Fitness Ctr |
| 11:30 AM                   | 12:30 PM | <b>Restorative Yoga</b>     | <b>Becca R</b> | Fitness Ctr |

|                                     |         |            |             |             |
|-------------------------------------|---------|------------|-------------|-------------|
| 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 (5/31/18)</b> |          |                                 |                |             |
| 8:30 AM                   | 9:30 AM  | Mash Up Mania                   | Kelly Riddle   | Fitness Ctr |
| 9:40 AM                   | 10:40 AM | Group Barbell                   | Jennifer       | Fitness Ctr |
| 5:40 PM                   | 6:25 PM  | <b>Hatha Yoga - Candlelight</b> | Nancy          | Fitness Ctr |
| 6:30 PM                   | 7:25 PM  | Zumba                           | <b>Dana M.</b> | 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 modications if and when they are needed!**

| Start Time             | End Time | Class                | Instructor | Location    |
|------------------------|----------|----------------------|------------|-------------|
| <b>Friday (6/1/18)</b> |          |                      |            |             |
| 8:20 AM                | 9:15 AM  | Yoga Flow            | Nancy      | Fitness Ctr |
| 9:20 AM                | 10:20 AM | CardioCore H.I.I.T.  | Lisa       | Fitness Ctr |
| 10:30 AM               | 11:15 AM | Chair Yoga           | Nancy      | Fitness Ctr |
| 12:00 PM               | 12:30 PM | Pilates              | Nancy      | Fitness Ctr |
| 12:30 PM               | 1:00 PM  | Yoga Specifics -Back | Nancy      | Fitness Ctr |

| Start Time               | End Time | Class                         | Instructor   | Location           |
|--------------------------|----------|-------------------------------|--------------|--------------------|
| <b>Saturday (6/2/18)</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                 |          | <b>Group Barbell Elements</b> | <b>Nancy</b> | <b>Fitness Ctr</b> |

## 2 Payment Methods!

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

## Group Fitness Instructors

**Nancy Triscuit**  
**Jennifer Cranston**  
**Lisa George**  
**Toni Sloan**  
**Rebecca Russano**  
**Kelly Riddle**  
**Danielle Ducharme-Ward**  
**Flor Anderson**  
**Kristin Schulz**  
**Michelle Jones**  
**Dana Mikula**

### Restorative Yoga

Gentle, nourishing practice.  
See Group Fitness class descriptions.

### Active Balance Conditioning

See Group Fitness class descriptions