LAURI ANN WEST COMMUNITY CENTER

MAY GROUP EX SCHEDULE

- Outdoor classes are outlined in red. Please visit lauriannwestcc.org for outdoor class policies.
- Most classes are also available virtually through Mindbody live streaming at no additional cost.
- Reserve your spot in Mindbody starting at midnight two days before your live or virtual class.
- Registration closes 30 minutes before class starts. Links for virtual classes will be sent at that time.
- Any additional spaces in in-person classes will be filled on a first-come-first-served basis.
- Youth class registration: call the welcome desk at 412-828-8566 starting two days before class.

MONDAY

CARDIO CRAZE
6:15 - 7:00 a.m.
patio/virtual
with Ashley

PUMP IT UP
8:15 - 9:00 a.m.
patio/virtual
with Theresa

SPIN
9:30 - 10:30 a.m.
patio/virtual
with Theresa

SILVER SNEAKERS
12:00 - 12:45 p.m.
comm. room/virtual
with Jess

ZUMBA
6:00 - 7:00 p.m.
patio/virtual
with Lin

SPIN
7:15 - 8:00 p.m.
patio/virtual
with Amy

TUESDAY

SPIN
6:15 - 7:00 a.m.
patio/virtual
with Ashley

TRX BODY POWER
8:45 - 9:30 a.m.
gym/virtual
with Sam

MAT PILATES
9:30 - 10:30 a.m.
virtual
with Lynn

ESCAPE
9:45 - 10:30 a.m.
patio/virtual
with Dante

YOGA
10:00 - 11:00 a.m.
comm. room/virtual
with Theresa

APP. ESSENTRICS
11:00 a.m.-12:00 p.m.
community room
with Charlie

VINYASA YOGA
7:00 - 8:00 p.m.
comm. room/virtual
with Alyssa

WEDNESDAY

CARDIO CRAZE
6:15 - 7:00 a.m.
patio/virtual
with Ashley

SPIN
8:00 - 9:00 a.m.
patio/virtual
with Theresa

ESSENTRICS
9:30 - 10:30 a.m.
community room
with Carolyn

CIRCUIT TRAINING
9:30- 10:15 a.m.
patio/virtual
with Theresa

SILVER SNEAKERS
12:00 - 12:45 p.m.
comm. room/virtual
with Theresa

BOOTCAMP
6:00 - 6:45 p.m.
gym/virtual
with Dante

SPIN
7:15 - 8:00 p.m.
patio/virtual
with Amy

THURSDAY

LO/HI CIRCUIT
7:00 - 7:45 a.m.
patio/virtual
with Cassie

ESSENTRICS
8:15 - 9:15 a.m.
community room
with Carolyn

PUMP IT UP
8:45 - 9:30 a.m.
patio/virtual
with Theresa

SPIN
9:45 - 10:30 a.m.
patio/virtual
with Theresa

ADV./INT. PILATES
9:30 - 10:30 a.m.
virtual
with Lynn

BOOTCAMP
6:00 - 6:45 p.m.
patio/virtual
with Dante

VINYASA YOGA
7:00 - 8:00 p.m.
comm. room/virtual
with Alyssa

FRIDAY

SPIN
6:15 - 7:00 a.m.
patio/virtual
with Ashley

TONE CENTRAL
9:30 - 10:15 a.m.
patio/virtual
with Sam

SPIN
9:30 - 10:30 a.m.
patio/virtual
with Theresa

SILVER SNEAKERS
12:00 - 12:45 p.m.
comm. room/virtual
with Jess

SATURDAY

SPIN
8:00 - 8:45 a.m.
patio/virtual
with Cassie

TABATA
9:00 - 9:45 a.m.
patio/virtual
with Theresa

YOUTH SPIN
9:00 - 9:45 a.m.
comm. room
with Cassie

KUNDALINI YOGA
9:15 - 10:45 a.m.
dance studio
with Moni

MIXXED FIT
10:00 - 11:00 a.m.
patio/virtual
with Erin

SUNDAY

SPIN
9:15 - 10:00 a.m.
patio/virtual
with Jen

MAT PILATES
9:30 - 10:30 a.m.
virtual
with Brittany