



10th Anniversary Group Exercise Events

We have exciting classes throughout the entire month of March to celebrate our 10th Anniversary. Don't miss new classes offered each week:

March 2 **Cycle Endurance Ride**

8–10 am | Cycle Studio

Experience an extended cycle class with 2 instructors. Space is limited to 30 participants so register today at the Member Services desk. Please note that all regularly scheduled classes in the Cycle Studio are cancelled from 8 – 10am.

March 9 **AQUATHON**

9–11 am | Warm Water Therapy Pool

Participate in several water exercises in the warm water therapy pool: Aqua Zumba; Water in Motion; Aqua Tabata Circuits; Yoga/Tai Chi/Stretch. No registration is needed for this class.

March 16 **BARRE**

10:20–11:20 am | Aerobic Studio

This class features top hit songs from ten years ago, 2009. No registration is needed for this class.

March 20 **Peaceful Pilates**

6:30–7:30 pm | Pilates Studio

Join us for a 60-minute peaceful Pilates session. Space is limited to 20 participants so register today at the Member Services desk.

March 23 **Pilates Fusion**

8–9 am | Pilates Studio

This class provides a mix of upper and lower body strength training that will be sure to get you warm. No registration is needed for this class.

March 26 **Core Strength for Men**

6:30–7:30 pm | Pilates Studio

Our instructor will lead you in a series of exercises to strengthen your core. No registration is needed for this class.

March 30 **LES MILLS™ Super Saturday**

7:30–10:20 am | Aerobic Studio & Cycle Studio

Experience a day of LES MILLS™ classes: GRIT™ ATHLETIC, BODYATTACK™, BODYJAM™, BODYPUMP™, RPM™ Express, CXWORX™, SPRINT™, BODYFLOW™. Anniversary t-shirts will be available to purchase. Please note that all regularly scheduled classes in the Aerobic Studio are cancelled from 7:30 – 10:20am. No registration is needed for this class.

For more information, visit the Member Services desk or call (814) 868-7800.

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MEDICAL FITNESS & WELLNESS CENTER