



February 2021

All classes require registration.

Please visit our [Membership Portal](#) or the [HIGHPOINT FITNESS App](#) to register.

Schedule is subject to change. **New classes are highlighted in yellow.**

MAIN STUDIO							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	YOGA	PILATES			YOGA	GROUP BLAST	GROUP ACTIVE
	CLEAN	CLEAN			CLEAN	CLEAN	CLEAN
10:00 AM	GROUP BLAST	GROUP POWER	GROUP fight	GROUP POWER	GROUP ACTIVE	GROUP POWER	YOGA
	CLEAN	CLEAN	CLEAN	CLEAN	CLEAN	CLEAN	CLEAN
1:00 PM	Up-LIFT		ABC'S		Chair Yoga		
	CLEAN		CLEAN		CLEAN		
5:30 PM	GROUP fight						
	CLEAN						
7:00 PM	GROUP POWER	GROUP groove	GROUP POWER	GROUP groove			
	CLEAN	CLEAN	CLEAN	CLEAN			
SPIN STUDIO							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	SPINNING				SPINNING	SPINNING	SPINNING
	CLEAN				CLEAN	CLEAN	CLEAN
6:15 PM	SPINNING	SPINNING		SPINNING			
	CLEAN	CLEAN		CLEAN			

HIGHPOINT FITNESS

1000 Higbee Drive / Bethel Park, PA 15102 / 412-230-1000

Hours of Operation: Monday-Thursday 7:00am-8:00pm, Friday 7:00am-5:00pm, Saturday/Sunday 7:00am-1:00pm



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AQUATIC CENTER							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM		Aqua Fitness ENERGY		Aqua Fitness ENERGY			Aqua Fitness STRONG
		CLEAN		CLEAN			CLEAN
10:00 AM	Aqua Fitness ENERGY						
	CLEAN						
11:00 AM	Aqua Fitness ARTHRITIS		Aqua Fitness ARTHRITIS		Aqua Fitness MOTION		
	CLEAN		CLEAN		CLEAN		
5:30 PM			Aqua Fitness STRONG				
			CLEAN				
FUNCTIONAL TRAINING (The "Rig")							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						BOOTCAMP	
						CLEAN	
5:30 PM			BOOTCAMP				
			CLEAN				

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