



March 2021

All classes require registration.

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

Schedule is subject to change.

MAIN STUDIO							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	GROUP POWER		GROUP ACTIVE				
	CLEAN		CLEAN				
8:30 AM	YOGA	<i>PILATES</i>			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	<i>Up-LIFT</i>		<i>ABC'S</i>		<i>Chair</i>		
	CLEAN		CLEAN		CLEAN		
5:30 PM	GROUP fight	YOGA	HIGH POINT HIT	GROUP CENTERGY			
	CLEAN		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
5:45 AM				SPINNING			
				CLEAN			
9:00 AM					SPINNING	SPINNING	SPINNING
					CLEAN	CLEAN	CLEAN
6:15 PM	SPINNING	SPINNING		SPINNING			
	CLEAN	CLEAN		CLEAN			

HIGHPOINT FITNESS

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

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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	

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