



HIGHPOINT FITNESS

GROUP FITNESS SCHEDULE

Effective July 15, 2021

All classes require registration through our Membership Portal or Highpoint Fitness App

MAIN STUDIO							
Time	SUN	MON	TUES	WED	THURS	FRI	SAT
5:45 AM		Group POWER		Group ACTIVE			
8:30 AM	Group ACTIVE	Yoga				Yoga	Group BLAST
10:00 AM	Yoga	Group BLAST	Group POWER	Group FIGHT	Group POWER	Group ACTIVE	Group POWER
1:00 PM		CSI Lite		ABCs		Chair Yoga	
5:30 PM		Group FIGHT	Yoga	HIIGHPOINT HIIT	Group CENTERGY		
7:00 PM		Group POWER	Group GROOVE	Group POWER	Group GROOVE		

SPIN STUDIO							
Time	SUN	MON	TUES	WED	THURS	FRI	SAT
5:45 AM					Spinning		
9:00 AM	Spinning					Spinning	Spinning
6:15 PM		Spinning	Spinning		Spinning		

Highpoint Fitness / 1000 Higbee Drive, Bethel Park / 412-230-1000 / highpointfitness.com

AQUATIC CENTER							
Time	SUN	MON	TUES	WED	THURS	FRI	SAT
9:00 AM	Aqua Fitness STRONG		Aqua Fitness ENERGY		Aqua Fitness ENERGY		
10:00 AM		Aqua Fitness ENERGY		Aqua Fitness ENERGY			
11:00 AM		Aqua Fitness ARTHRITIS		Aqua Fitness ARTHRITIS		Aqua Fitness MOTION	
5:30 PM		Aqua Fitness STRONG		Aqua Fitness STRONG			
FUNCTIONAL TRAINING							
Time	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00 AM							BOOTCAMP

Group POWER maximizes your workout results with one hour of cutting-edge strength training! Get *muscle strong* and *movement strong* when you combine traditional strength training with functional exercises and the revolutionary science of loaded movement training, using an adjustable barbell, body weight and heart-pounding music. **POWER UP!**

Group ACTIVE is an innovative one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, body weight and the STEP. **ACTIVATE YOUR LIFE!**

Group BLAST is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. **HAVE A BLAST!**

Group FIGHT is a gripping hour that burns a ton of calories and builds total-body strength. Tap into the hottest mixed martial arts movements done at a rapid fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**

Group GROOVE will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits and the best dance songs ever produced! **IF YOU CAN MOVE, YOU CAN GROOVE!**

Group CENTERGY will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and core. Emotive music drives the experience as you breathe and sweat through the full-body fitness journey. *REDEFINE YOURSELF!*

SPINNING is the ultimate indoor cycling experience! High energy instructors and music will take you on this motivating fitness journey that will have you climbing hills, rolling on the flats, sprinting to the finish and burning a ton of calories! Gain cardiovascular and muscular strength and stamina during a ride where you control the resistance and speed! (Cycle clinic is held once a month)

YOGA Integrates mind, body and spirit without force or competitiveness. This class will guide all levels of students through a flowing Asana practice that spans a wide range of standing and seated poses. Sessions may feature a variety of yoga styles and practices including (but not limited to) Vinyasa and Hatha yoga traditions. Promote a healthier lifestyle, relieve stress and increase strength and flexibility!

Aqua Arthritis uses the properties of the warm water to increase range of movement, ease sore joints, strengthen muscles, increase balance and flexibility, and improve functional capacity. Smooth, methodical and gentle movements will be performed using the water as both resistance and stability.

Aqua Fitness Motion churns up the water while you turn up your cardiovascular and muscular strength. This interval class will incorporate segments of cardiovascular exercise followed by strength and balance using water resistance equipment.

Aqua Fitness Energy is wet and wild! A non-stop, high energy aquatic cardiovascular class that will have you jogging, jumping and will get your heart pumping! Motivational coaching and music help to drive you to improved heart health.

Aqua Fitness Strong will condition and tone your heart, body, mind and spirit with fun and fluid exercises that target muscles for endurance, strength, flexibility, range of motion and balance. This class uses water resistance techniques and a variety of equipment to allow participants to get a rejuvenating, invigorating and effective strength workout.

ABC'S (*Agility, Balance, Core and Stability*) Building a healthier body is as easy as ABC! This chair-based fitness class incorporates a variety of fitness focal points including Cardiovascular exercise, muscular strength, balance and flexibility. 'Graduate' into an improved movement health by focusing on your ABC'S!

Chair Yoga allows you to enjoy the many benefits of yoga by using a chair for balance and stability. Yoga-inspired movements presented in this class are selected to improve body awareness, balance, strength, flexibility and mental acuity. Progressions will be offered to those who would like to move their practice from the chair to the mat.

CSI Lite (Cardio Strength Intervals) Calling all active adults! This class is designed to maintain and improve quality of life through alternating segments of simple, aerobic movements with resistance and balance training. Safe, effective exercises focus on improving heart health, range of movement, mobility, and functional fitness to enhance your daily living. Participants may be using various equipment including the STEP and handheld weights. The class concludes with flexibility and dynamic stretching.

Bootcamp and Highpoint HIIT are 45-minute High Intensity Interval Training classes that combine strength and cardio components to challenge all fitness levels. They combine athletic drills and functional movements that will challenge and train cardiovascular endurance and stamina, muscular strength, as well as speed, agility and quickness. Join Highpoint's expert personal trainers who will motivate and inspire you to reach all of your fitness goals!