*5*

**MONDAY**

**6:00am**

**Torque & Burn Cycle**

*Jen*

**9:00 am**

**Power Yoga**

*Tara*

**12:10pm**

**TABATA**

*Deena*

**4:30pm**

**P90X**

*Wendy*

**BALListic Core**

*Nicole*

**5:30pm**

**Kickboxing**

*Courtney*

**Zumba**

*Amanda*

**LV’s Maximum Ride**

*Lori*

**Downsize Fitness**

*Brent*

**Beginner Yoga**

*Heather*

**6:30pm**

**Kettle Bell**

*Moser*

**HIIT**

*Nicole*

**Tai Chi**

*Cornelia*

**FRIDAY**

**9:15 am**

**LV’s Maximum Ride**

*Lori*

**10:30**

**Yoga, Oils & Meditation** *Heather*

**12:10 – 12:50**

**Fast & Furious**

*Becky*

**4:30pm**

**Circuit Fitness**

*Moser*

**SATURDAY**

**7:00am**

**MENS ONLY**

*Todd*

**BALListic Core**

*Nicole*

**8:00am**

**Advanced Kickboxing**

*Courtney*

**LV’s Maximum Ride**

*Lori*

**Kettle Bell**

*Moser*

**9:00am**

**PiYo**

*Courtney*

**Weight Lifting**

*Lynn*

**Power Yoga**

*Katie*

**Sculpt & Spin**

*Mandi*

**10:00 am**

**Beginner Weight Lifting**

*Lynn*

**THURSDAY**

**6:00 am**

**Pedal it Out**

*Jess*

**Downsize**

*Deena*

**10:30am**

**Integrated Yoga**

*Cornelia*

**4:30pm**

**Xtreme Cycle**

Nicole

**Core Barre**

*Ali*

**5:30pm**

**HIIT**

*Nicole*

**BALListic Core**

*Courtney*

**Indoor Cycle**

*Bri*

**Integrated Yoga** *Cornelia*

**6:30pm**

**Downsize Fitness**

*Nicole*

**Kickboxing**

*Courtney*

**8:00 pm**

**Zzen Night Yoga**

*Heather*

**WEDNESDAY**

**6:00am**

**Torque & Burn Cycle**

*Jen*

**9:15 am**

**Kettlebell**

*Moser*

**Power Yoga**

*Tara*

**12:10 pm**

**TNT**

*Tiffaney*

**4:30pm**

**50 Minute Sculpt**

*Wendy*

**5:30pm**

**Xtreme Step**

*Wendy*

**Band It**

*Becky*

**LV’S Maximum Ride**

*Lori*

**6:00 pm**

**Power Yoga**

*Janice*

**6:30pm**

**Downsize Fitness**

*Wendy*

**TUESDAY**

**6:00 am**

**Pedal It Out**

*Jess*

**TABATA**

*Deena*

**10:30am**

**Integrated Yoga**

*Cornelia*

**12:10pm**

**P90X**

*Wendy*

**4:30pm**

**Circuit**

*Jodi*

**5:30 pm**

**Weight Lifting**

*Lynn*

**PiYo**

*Karen*

**Core de Force**

*Wendy*

**Integrated Yoga**

*Cornelia*

**6:30pm**

**Downsize Fitness**

*Moser*

**Beginner Weight Lifting**

*Lynn*

**7:15pm**

**Pedal it Out**

*Jess*

**SUNDAY**

**7:00am**

**Xtremecycle**

*Nicole*

**9:00am**

**Power Play Yoga**

***Janice (75 min)***

**1:00 pm**

**Easy Ride**

*Mandi*

**6:00 pm**

**Restorative Yoga**

*Katie*

**Soul Sweat**

*Becky*

A close up of a sign

Description automatically generated

**Hollidaysburg Plaza**

**Duncansville**

**814-414-8459**

**OPEN GYM HOURS**

**MON – THURSDAY**

**6AM – 7:30PM**

**FRI – SAT**

**6AM - NOON**

November