



# North Fayette Community Center

## Fitness Class Calendar

[www.north-fayette.com](http://www.north-fayette.com)



(Visit the Recreation-Adult Program page for updates/cancellations. Sign up for text message alerts!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>12:15-1:15pm</u> Yoga (Resumes August 5)	<u>6:00-7:00pm</u> 20/20/20 (Resumes September 10) <u>7:30-8:30pm</u> Boot Camp	<u>6:00-7:00pm</u> Power & Punch	<u>11:00am-1:00pm</u> Pickle Ball  <u>6:00-7:00pm</u> PIYO  <u>7:00-8:00pm</u> Yoga	<u>11:00am-1:00pm</u> Pickle Ball   <u>6:30-7:30pm</u> Cardio Sculpt/HIIT	<u>9:00-10:00am</u> PIYO  <u>5:00-7:00pm</u> Pickle Ball	<u>9:00-10:00am</u> Yoga (June 30-July 28)  <u>10:00-11:00am</u> Boot Camp

**20/20/20**- Full body workout with 20 minutes of weights, 20 minutes of cardio, and 20 minutes of abdominal work and stretching. Please bring your own mat.

**YOGA** - A 60-minute practice which helps to elongate and stretch your muscles while improving your balance, relaxing your mind and body through breathing techniques and various poses. Please bring positive energy and a yoga mat. Namaste!

**BOOT CAMP**- Circuit and interval training to test your strength and endurance. Athlete-inspired workout using your body weight as resistance and features core and agility ladder as well. Bring your own mat.

**CARDIO SCULPT/HIIT**- A combination of energetic cardio and effective body sculpting using body weight, dumbbells, kettle bells, steps, bosu balls, and weighted bars making every class unique, fun and a full body workout. High Intensity Interval Training is a workout that alternates between bursts of activity and fixed periods of less intense activity or rest. Please bring your own mat.

**PICKLE BALL** - Pickle ball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball (similar to a wiffleball) over a net. Pickle ball supplies are available for use.

**PIYO** - A unique blend of strength training and core conditioning – a perfect combination of Pilates and Yoga set to vibrant music. It is all about energy, power and rhythm. This is unlike anything you’ve ever done before. Please bring your own mat.

**POWER & PUNCH** - A cardio focused combo class featuring high intensity interval training to improve endurance and cardiovascular health followed by mixed martial arts inspired, core focused, cardio and strength training. Please bring your own mat.

**CLASS FEES:** \$7.00 per class drop in fee

Member punch card for **ANY** 10 classes - \$40/\$4 per class

Non-Member punch card for **ANY** 10 classes - \$60/\$6 per class

Pickle Ball is included in yearly membership to the community center.

North Fayette Community Center  
580 Donaldson Road, Oakdale PA 15071  
724-307-3725      [www.north-fayette.com](http://www.north-fayette.com)