

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

**(Week of 3/5/18 - 3/10/18)**

Start Time	End Time	Class	Instructor	Location
<b>Monday (3/5/18)</b>				
8:30 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Hips	Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Nancy	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (3/6/18)</b>				
8:30 AM	9:15 AM	Iron Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Cardio Butts and Gutts	Jennifer	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	Rebecca R	Fitness Ctr
6:00 PM	6:55 PM	Zumba	Kristin	Fitness Ctr
7:00 PM	8:00 PM	Class Canceled - back 3/27	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (3/7/18)</b>				
8:30 AM	9:25 AM	Boot 30/30* (8:30 and 9:00)	Nancy	Fitness Ctr
9:30 AM	10:25 AM	Pilates	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
11:30 AM	12:30 PM	Restorative Yoga	Rebecca R.	Fitness Ctr
12:45 PM	1:45 PM	Active Balance Conditioning	Nancy	Gym
1:30 PM	2:30 PM	Class canceled until 3/21	Flor	Fitness Ctr
5:40 PM	6:25 PM	bbarreless	Michelle J.	Fitness Ctr
6:30 PM	7:15 PM	Tabata Intervals	Michelle J.	Fitness Ctr
		All Levels - Beginners to advanced!		
7:20 PM	8:20 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (3/8/18)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Kelly Riddle	Fitness Ctr
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr
				Fitness Ctr
1:30 PM	2:30 PM	Class canceled until 3/22	Flor	Fitness Ctr
5:40 PM	6:25 PM	Yoga for Shoulders and Wrists	Nancy	Fitness Ctr
6:30 PM	7:25 PM	Zumba	Dana M.	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Friday (3/9/18)</b>				
8:20 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioCore H.I.I.T.	Lisa	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics -Shoulders	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (3/10/18)</b>				
8:00 AM	9:00 AM	Group Barbell	Nancy	Fitness Ctr
9:10 AM	9:55 AM	Yoga - Focus on Shoulders	Nancy	Fitness Ctr
10:00 AM	11:00 AM	Yoga Flow	Becca	Fitness Ctr

## 2 Payment Methods!

**Per Month:** Resident \$37 (unlimited classes)  
 Non-Resident \$40 (unlimited classes)  
 Senior/Student \$30 (unlimited classes)

**Per Class/Drop-in:** Resident \$8  
 Non-Resident \$10

## Group Fitness Instructors

Nancy Triscuit  
 Jennifer Cranston  
 Lisa George  
 Toni Sloan  
 Rebecca Russano  
 Kelly Riddle  
 Danielle Ducharme-Ward  
 Flor Anderson  
 Kristin Schulz  
 Michelle Jones  
 Dana Mikula

### Restorative Yoga

Gentle, nourishing practice.  
 See Group Fitness class descriptions.

### Active Balance Conditioning

See Group Fitness class descriptions

**Our instructors teach to all fitness levels. Please do not be intimidated by the name of the class! Just let the instructor know you are new and she will be happy to give you some pointers and provide modications if and when they are needed!**

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 3/12/18 - 3/17/18)

Start Time	End Time	Class	Instructor	Location
<b>Monday (3/12/18)</b>				
8:30 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Back	Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	<b>Becca</b>	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (3/13/18)</b>				
8:30 AM	9:15 AM	Tabata Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Step	Jennifer	Fitness Ctr
<b>10:30 AM</b>	<b>11:30 AM</b>	<b>Hatha Yoga</b>	<b>Rebecca R.</b>	Fitness Ctr
6:00 PM	6:55 PM	<b>STRONG by Zumba</b>	<b>Kristin</b>	Fitness Ctr
7:00 PM	8:00 PM	<b>Canceled until 3/27</b>	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (3/14/18)</b>				
8:30 AM	9:15 AM	Pilates	Nancy	Fitness Ctr
9:30 AM	10:15 AM	Tabata Intervals	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
<b>11:30 AM</b>	<b>12:30 PM</b>	<b>Restorative Yoga</b>	<b>Rebecca R.</b>	Fitness Ctr
<b>12:45 PM</b>	<b>1:45 PM</b>	<b>Active Balance Conditioning</b>	<b>Nancy</b>	<b>Gym</b>
1:30 PM	2:30 PM	<b>Canceled until 3/21</b>	Flor	Fitness Ctr
<b>5:40 PM</b>	6:25 PM	bbarreless*	<b>Michelle J.</b>	Fitness Ctr
6:30 PM	<b>7:15 PM</b>	<b>Tabata Intervals</b>	<b>Michelle J.</b>	Fitness Ctr
<b>7:20 PM</b>	<b>8:20 PM</b>	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (3/15/18)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr
1:30 PM	2:30 PM	<b>Canceled until 3/22</b>	Flor	Fitness Ctr
<b>5:40 PM</b>	<b>6:25 PM</b>	<b>Yoga for Spine-Forward Bending</b>	<b>Nancy</b>	Fitness Ctr
6:30 PM	7:25 PM	Zumba	<b>Dana M.</b>	Fitness Ctr

**Our instructors teach to all fitness levels. Please do not be intimidated by the name of the class! Just let the instructor know you are new and she will be happy to give you some pointers and provide modications if and when they are needed!**

Start Time	End Time	Class	Instructor	Location
<b>Friday (3/16/18)</b>				
8:20 AM	9:15 AM	Strong Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	CardioCore Circuit	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Nancy	Fitness Ctr
12:00 PM	12:30 PM	<b>Canceled this week and next</b>	Nancy	Fitness Ctr
12:30 PM	1:00 PM	<b>CPR training</b>	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (3/17/18)</b>				
8:00 AM	9:00 AM	Group Barbell	Lisa	Fitness Ctr
9:10 AM	9:55 AM	<b>Zumba</b>	Lisa	Fitness Ctr
<b>10:00 AM</b>	<b>11:00 AM</b>	<b>Yoga Flow</b>	<b>Nancy</b>	Fitness Ctr

**2 Payment Methods!**

**Per Month:** Resident \$37 (unlimited classes)  
 Non-Resident \$40 (unlimited classes)  
 Senior/Student \$30 (unlimited classes)

**Per Class/Drop-in:** Resident \$8  
 Non-Resident \$10

**Group Fitness Instructors**

Nancy Triscuit  
 Jennifer Cranston  
 Lisa George  
 Toni Sloan  
 Dana Mikula  
 Kelly Riddle  
 Danielle Ducharme-Ward  
 Flor Anderson  
 Kristin Schulz  
 Michelle Jones  
 Rebecca Russano

**Restorative Yoga**  
 A gentle, nourishing practice  
 See Group Fitness Class Descriptions

**Active Balance Conditioning**  
 See Group Fitness Class Descriptions

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 3/19/18 - 3/24/18)

Start Time	End Time	Class	Instructor	Location
<b>Monday (3/19/18)</b>				
8:30 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics - Core	Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Nancy	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (3/20/18)</b>				
8:30 AM	9:15 AM	Iron Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	H.I.I.T. Intervals	Jennifer	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga	Nancy	Fitness Ctr
6:00 PM	6:55 PM	Zumba	Kristin	Fitness Ctr
7:00 PM	8:00 PM	Class canceled until 3/27	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (3/21/18)</b>				
8:30 AM	9:25 AM	Boot 30/30	Nancy	Fitness Ctr
9:30 AM	10:25 AM	Pilates	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
11:30 AM	12:30 PM	Restorative Yoga	Nancy	Fitness Ctr
12:45 PM	1:45 PM	Active Balance Conditioning	Nancy	Gym
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:40 PM	6:25 PM	bbarreless	Michelle J.	Fitness Ctr
6:30 PM	7:15 PM	Tabata Intervals	Michelle J.	Fitness Ctr
7:20 PM	8:20 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (3/22/18)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr.
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr.
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr.
5:40 PM	6:25 PM	Class canceled tonight!	Nancy	Fitness Ctr.
6:30 PM	7:25 PM	Zumba	Dana M.	Fitness Ctr.

Start Time	End Time	Class	Instructor	Location
<b>Friday (3/23/18)</b>				
8:20 AM	9:15 AM	Strong Yoga Flow	Kelly	Fitness Ctr
9:20 AM	10:20 AM	Cardio Core H.I.I.T.	Kelly	Fitness Ctr
10:30 AM	11:15 AM	Chair Yoga	Kelly	Fitness Ctr
12:00 PM	12:30 PM	<b>NO CLASS - at a training</b>	Nancy	Fitness Ctr
12:30 PM	1:00 PM	<b>See you next week!</b>	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (3/24/18)</b>				
8:00 AM	9:00 AM	Group Barbell	Nancy	Fitness Ctr
9:10 AM	9:55 AM	Yoga - Shoulders, arms	Nancy	Fitness Ctr
10:00 AM		Group Barbell Elements	Nancy	Fitness Ctr

### 2 Payment Methods!

<b>Per Month:</b>	<b>Resident \$37 (unlimited classes)</b>
	<b>Non-Resident \$40 (unlimited classes)</b>
	<b>Senior/Student \$30 (unlimited classes)</b>
<b>Per Class/Drop-in:</b>	<b>Resident \$8</b>
	<b>Non-Resident \$10</b>

### Group Fitness Instructors

**Nancy Triscuit**  
**Jennifer Cranston**  
**Lisa George**  
**Toni Sloan**  
**Dana Mikula**  
**Kristin Schulz**  
**Kelly Riddle**  
**Danielle Ducharme-Ward**  
**Flor Anderson**  
**Rebecca Russano**  
**Michelle Jones**

#### Restorative Yoga

A gentle, nourishing practice.  
See Group Fitness Class Descriptions

#### Active Balance Conditioning

See Group Fitness Class descriptions

Our instructors teach to all fitness levels. Please do not be intimidated by the name of the class! Just let the instructor know you are new and she will be happy to give you some pointers and provide modifications if and when they are needed!

# CRANBERRY TOWNSHIP PARKS AND RECREATION GROUP FITNESS SCHEDULE

## (Week of 3/26/18 - 3/31/18)

Start Time	End Time	Class	Instructor	Location
<b>Monday (3/26/18)</b>				
8:30 AM	9:15 AM	Yoga Flow	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Group Barbell	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
12:00 PM	12:30 PM	Pilates	Nancy	Fitness Ctr
12:30 PM	1:00 PM	Yoga Specifics -Shoulders	Nancy	Fitness Ctr
4:45 PM	5:45 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:50 PM	6:50 PM	Zumba	Toni	Fitness Ctr
7:00 PM	8:00 PM	Group Barbell	Lisa	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Tuesday (3/27/18)</b>				
8:30 AM	9:15 AM	Tabata Yoga	Nancy	Fitness Ctr
9:20 AM	10:20 AM	Step Intervals	Jennifer	Fitness Ctr
10:30 AM	11:30 AM	Hatha Yoga*	Rebecca	Fitness Ctr
6:00 PM	6:55 PM	<b>STRONG by Zumba</b>	Kristin	Fitness Ctr
7:00 PM	8:00 PM	Strong Yoga Flow	Flor	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Wednesday (3/28/18)</b>				
8:30 AM	9:25 AM	Pilates	Nancy	Fitness Ctr
9:30 AM	10:15 AM	Tabata Intervals	Nancy	Fitness Ctr
10:30 AM	11:15 AM	Fitness-Lite	Nancy	Fitness Ctr
11:30 AM	12:30 PM	<b>Restorative Yoga</b>	Rebecca	Fitness Ctr
12:45 PM	1:45 PM	<b>Active Balance Conditioning</b>	Nancy	Gym
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:40 PM	6:25 PM	bbarreless	Michelle J.	Fitness Ctr
6:30 PM	7:15 PM	Tabata Intervals	Michelle J.	Fitness Ctr
7:20 PM	8:20 PM	Zumba	Toni	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Thursday (3/29/18)</b>				
8:30 AM	9:30 AM	Mash Up Mania	Kelly	Fitness Ctr
9:40 AM	10:40 AM	Group Barbell	Jennifer	Fitness Ctr
1:30 PM	2:30 PM	Strong Yoga Flow	Flor	Fitness Ctr
5:40 PM	6:25 PM	Yoga for Shoulders and Arms	Nancy	Fitness Ctr
6:30 PM	7:25 PM	Zumba	Dana M.	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Friday (3/30/18)</b>				
8:20 AM	9:15 AM		Nancy	Fitness Ctr
9:20 AM	10:20 AM	<b>GOOD</b>	Nancy	Fitness Ctr
10:30 AM	11:15 AM	<b>FRIDAY</b>	Nancy	Fitness Ctr
12:00 PM	12:30 PM	<b>BUILDING</b>	Nancy	Fitness Ctr
12:30 PM	1:00 PM	<b>CLOSED</b>	Nancy	Fitness Ctr

Start Time	End Time	Class	Instructor	Location
<b>Saturday (3/31/18)</b>				
8:00 AM	9:00 AM	Group Barbell**	Lisa	Fitness Ctr
9:15 AM	9:55 AM	Zumba**	Lisa	Fitness Ctr
10:00 AM	11:00 AM	Yoga Flow**	Becca	Fitness Ctr

\*\* Only group fitness members allowed in building

### 2 Payment Methods!

<b>Per Month:</b>	<b>Resident \$37 (unlimited classes)</b>
	<b>Non-Resident \$40 (unlimited classes)</b>
	<b>Senior/Student \$30 (unlimited classes)</b>
<b>Per Class/Drop-in:</b>	<b>Resident \$8</b>
	<b>Non-Resident \$10</b>

### Group Fitness Instructors

**Nancy Triscuit**  
**Jennifer Cranston**  
**Lisa George**  
**Toni Sloan**  
**Dana Mikula**  
**Kristin Schulz**  
**Michelle Vigus**  
**Kelly Riddle**  
**Danielle Ducharme-Ward**  
**Flor Anderson**  
**Rebecca Russano**

#### Restorative Yoga

Gentle, nourishing practice  
See Group Fitness Descriptions

#### Active Balance Conditioning

See Group Fitness Descriptions

Our instructors teach to all fitness levels. Please do not be intimidated by the name of the class! Just let the instructor know you are new and she will be happy to give you some pointers and provide modifications if and when they are needed!

# TBC NEWS

March 2018

**PLEASE SWIPE YOUR CARD AT THE FRONT DESK BEFORE CLASS!**

Your receipt goes in one of the little containers in the cubbies. We know that it's sometimes not possible to be on time to class, but if you are late, please try to fit in as seamlessly as possible. For instance – if it is Yoga, enter as quietly as possible. Close the door and put your mat down as quietly as you can. Find a place for your mat that won't require anyone to move. We're all late once in a while, so we know what it is like and we appreciate the effort!

**EASTER WEEKEND – No classes Good Friday! See you on Saturday!**

## **CLASS SPOTLIGHT**

**Hatha Yoga** – Basically a No-Flow Yoga (easier on the wrists and shoulders) Tuesdays 10:30-11:30 AM

**Active Balance Conditioning – Please help us spread the word about this class!** This program is designed for the unique needs of active older adults who know the importance of staying mentally sharp and physically stable. Researchers no longer believe that falling or losing your strength and mental capacity are inevitable parts of the aging process. This innovative class will combine all aspects of fitness – strength, balance, brain games and flexibility. We will be doing all types of walking – working on gait patterns and using obstacles to practice going over and around. **Wednesdays (8 weeks) March 7-April 25, 12:45-1:45 PM.** Free for Group Fitness and Silver Sneaker Members, otherwise and \$5 drop in fee. Email me with questions. Held in the Gym.

**Yoga for Every Body** – Thursdays, 5:40-6:25 PM – No class 3/22 (I will be at a Prenatal Yoga training). This month we will be concentrating on the shoulders and wrists. We go deep into how to do things correctly in this class and will work on modifying things to fit your body.

**Restorative Yoga** – Replacing Hatha and Core on Wednesdays at 11:30 – Take a break from your day!

**Group Barbell Elements – March 24, 10:00 AM.** It's a good idea to come to this class at least once even if you have been coming for a while. It will help immensely with your form and as long as you are investing an hour in the class, you may as well get everything you can out of it, right? If you are a woman of a certain age (☺) and you are not happy with what is going on with your body, research has proved again and again that you need to lift weights twice a week and do interval training – this class has it all. That being said – you need to know what you are doing, so come and check it out!

**Zumba** – Dana M. is taking over Danielle's Thursday 6:30 PM class. Danielle will still be subbing!

**Wednesday/Friday 10:30 class** - Wed.- Fitness-Lite, Fri. – Chair Yoga due to all the other Yoga offerings!

**Saturdays** – Please pay attention to the Saturday classes – **we have added Zumba back in** when Lisa is teaching. Becca will also be teaching when she can!

**NEW TO CLASSES?** Please don't be shy! Make sure the instructor knows you are new so she can give you the inside scoop about the class and give you any needed modifications. We are always happy to meet with you before or after class. If the instructor is not available, contact Nancy at [nancy.triscuit@cranberrytownship.org](mailto:nancy.triscuit@cranberrytownship.org) - she will be happy to meet with you.

**FACEBOOK PAGE** “Like” our page – “Cranberry Township Group Fitness” and you will get last minute updates that I can't get in to the office to send out, recipes, fitness articles, etc. Ask questions and receive answers too!

**USE YOUR INBOX!** Get the monthly schedule and any important information emailed to you! Just send me (see above) your email address and I will add you to the list (we will Blind Carbon Copy so no one will see your address). You will also be notified if a class has to be cancelled or if there is a sub (if we find out in time!) [nancy.triscuit@cranberrytownship.org](mailto:nancy.triscuit@cranberrytownship.org)

