

## Why participate in Group Fitness?

Reap the benefits of  
exercise including:

- Reduced risk of heart disease and high blood pressure
- Reduced/Maintained body weight
- Reduced risk of many chronic diseases
- Decreased stress level

### WHILE:

- Exercising with friends
- Learning something new
- Staying motivated
- Eliminating boredom
- Having FUN!

If you have questions regarding  
Group Fitness, please contact  
Alicia Bercury, Fitness Program  
Coordinator:

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### Pine Community Center

100 Pine Park Drive  
Wexford, PA 15090  
[www.twp.pine.pa.us](http://www.twp.pine.pa.us)



## Group Fitness Classes

Get fit, have  
fun, stay  
motivated,  
learn new  
exercises...



Join a group  
fitness  
class today!

## What is Group Fitness?

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Group fitness classes are intended to suit participants of all ability levels. These classes provide a safe setting for individuals just beginning to exercise as well as experienced participants.

Classes vary by style, structure, and instructor. There are many different class formats, including boot camp, circuits, aerobics, and cycling to name a few.

Please note the current Group Fitness schedule. A number system is used to indicate the intensity level of classes.

## Group Fitness Options & Pricing

### Unlimited Classes

(members only)

Ask the welcome desk about our VIP Fitness Pass!

### Punch Card

Convenient! Use your punch card for any class on our schedule.

**Member:** 5 classes \$35

**Non-member:** 5 classes \$45

### Drop-In

No strings attached! As long as there is a spot, you can take any class you would like.

**Member:** \$8 per class

**Non-member:** \$10 per class

### Classes offered:

- Barre
- Beginner Classes
- Boot Camp
- Butts & Guts
- Cardio and Strength
- Cycle
- Express Classes
- Fit N' Focused Boot Camp
- Kick & Core
- Pilates
- PiYo™ Strength
- Quick Fix
- RIP® (compare to Les Mills BodyPump)
- Total Body Strength
- TRX® Suspension Training
- Yoga
- Zumba®
- Zumba® Gold