



## April 2019

Wellbeing Center  
724-830-8568  
\$20 for calendar year

LH Latrobe Hospital  
WH Westmoreland Hospital  
ESL Excelsa Square Latrobe

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CHAIR FIT WH</b> 10:30-11:30 MCC <b>STRENGTH &amp; TONE WH</b> 3:30 – 4:15 MCC <b>INTERVAL WH</b> 4:30-5:30 MCC	<b>2</b> <b>INTRO TO HIIT ESL</b> 4-4:45 1 <sup>ST</sup> FL CON RM	<b>3</b> <b>CORE&amp; MORE WH</b> 3:30 – 4:15 MCC <b>BODY SCULPT WH</b> 4:30- 5:30 MCC	<b>4</b> <b>INTRO TO HIIT ESL</b> 3:45-4:30 1 <sup>ST</sup> FL CON RM <b>YOGA LH</b> 5:15-6:15 AUD A&B	<b>5</b>
<b>8</b> <b>CHAIR FIT WH</b> 10:30-11:30 MCC <b>STRENGTH &amp; TONE WH</b> 3:30 – 4:15 MCC <b>INTERVAL WH</b> 4:30-5:30 MCC	<b>9</b> <b>INTRO TO HIIT ESL</b> 4-4:45 1 <sup>ST</sup> FL CON RM	<b>10</b>	<b>11</b> <b>INTRO TO HIIT ESL</b> 3:45-4:30 1 <sup>ST</sup> FL CONF RM <b>YOGA LH</b> 5:15-6:15 AUD A&B	<b>12</b>
<b>15</b> <b>CHAIR FIT WH</b> 10:30-11:30 MCC <b>STRENGTH &amp; TONE WH</b> 3:30 – 4:15 MCC <b>INTERVAL WH</b> 4:30-5:30 MCC	<b>16</b> <b>INTRO TO HIIT ESL</b> 4-4:45 1 <sup>ST</sup> FL CON RM	<b>17</b> <b>BODY SCULPT WH</b> 4:30- 5:30 MCC	<b>18</b> <b>INTRO TO HIIT ESL</b> 3:45-4:30 COMMUNITY RM <b>YOGA LH</b> 5:15-6:15 AUD A&B	<b>19</b>
<b>22</b>	<b>23</b> <b>INTRO TO HIIT ESL</b> 4-4:45 COMMUNITY RM	<b>24</b> <b>CORE&amp; MORE WH</b> 3:30 – 4:15 MCC <b>BODY SCULPT WH</b> 4:30- 5:30 MCC	<b>25</b> <b>INTRO TO HIIT ESL</b> 3:45-4:30 COMMUNITY RM <b>YOGA LH</b> 5:15-6:15 AUD A&B	<b>26</b>
<b>29</b> <b>STRENGTH &amp; TONE WH</b> 3:30 – 4:15 MCC <b>INTERVAL WH</b> 4:30-5:30 MCC	<b>30</b> <b>INTRO TO HIIT ESL</b> 4-4:45 1 <sup>ST</sup> FL CON RM			

All classes are subjected to change. Cancellations will be based on school district in which the class is located. Call our office for more info.