



May 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
		1 CORE& MORE WH 3:30 – 4:15 MCC BODY SCULPT WH 4:30- 5:30 MCC	2 INTRO TO HIIT ESL 3:45-4:30 1 st FL CONF RM YOGA LH 5:15-6:15 AUD B	3
6 CHAIR FIT WH 10-30-11:30 MCC STRENGTH & TONE WH 3:30 – 4:15 MCC INTERVAL WH 4:30-5:30 MCC	7 INTRO TO HIIT ESL 4-4:45 1 st FL CON RM	8 CORE& MORE WH 3:30 – 4:15 MCC BODY SCULPT WH 4:30- 5:30 MCC	9 INTRO TO HIIT ESL 3:45-4:30 1 st FL CONF RM YOGA LH 5:15-6:15 AUD B	10
13 CHAIR FIT WH 10-30-11:30 MCC STRENGTH & TONE WH 3:30 – 4:15 MCC INTERVAL WH 4:30-5:30 MCC	14 INTRO TO HIIT ESL 4-4:45 1 st FL CON RM	15 CORE& MORE WH 3:30 – 4:15 MCC BODY SCULPT WH 4:30- 5:30 MCC	16 INTRO TO HIIT ESL 3:45-4:30 COMMUNITY RM	17
20 CHAIR FIT WH 10-30-11:30 MCC STRENGTH & TONE WH 3:30 – 4:15 MCC INTERVAL WH 4:30-5:30 MCC	21 INTRO TO HIIT ESL 4-4:45 1 st FL CON RM	22	23 INTRO TO HIIT ESL 3:45-4:30 1 st FL CONF RM YOGA LH 5:15-6:15 AUD B	24
27	28 INTRO TO HIIT ESL 4-4:45 1 st FL CON RM	29 BODY SCULPT WH 4:30- 5:30 MCC	30 INTRO TO HIIT ESL 3:45-4:30 1 st FL CONF RM	31

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.