

SUMMER TERM FITNESS CLASSES: MAY 19-AUG. 8

No fitness classes June 30-July 4.

MONDAYS

- Vinyasa Yoga Flow:^{*} 4:30–5:30 p.m.

TUESDAYS

- Zumba:^{*} 8–8:45 a.m.
- Zumba Gold: 9–10 a.m.
- Water Aerobics:^{*} 12–12:45 p.m., 1–1:45 p.m., 2–2:45 p.m.
- Beginner Swim Lessons for Adults:^{*} 2:45–3:30 p.m.
- Stroke Refinement:^{*} 3:30–4:15 p.m.
- Gentle Yoga: A: (no class week of June 23) 3:30–4:30 p.m.
- Hatha Yoga (Intermediate): A:^{*} (no class week of June 23): 4:45–5:45 p.m.

WEDNESDAYS

- Balance and Stability: 9–9:45 a.m., 10–10:45 a.m.
- Water Aerobics:^{*} 10–10:45 a.m., 11–11:45 a.m.
- Senior Mat Core: 11–11:45 a.m.
- Tai Chi: 12:30–1:30 p.m., 1:30–2:30 p.m.
- Functional Fitness: 4–5 p.m.

THURSDAYS

- Pilates: 9–10 a.m.
- Hatha Yoga (Intermediate): B:^{*} (no class week of June 23): 9–10 a.m.
- Gentle Yoga: B: (no class week of June 23): 10:15–11:15 a.m.
- Meditation: (no class week of June 23): 11:30 a.m.–noon
- Muscle Conditioning: Strength and Endurance (Intermediate): 2–2:45 p.m.
- Muscle Conditioning: Strength and Endurance (Beginner): 2:45–3:30 p.m., 3:30–4:15 p.m.

FRIDAYS

- Core Strength and Stability: 8–9 a.m.
- Water Aerobics:^{*} 11–11:45 a.m., 12–12:45 p.m.

FITNESS CLASSES REGISTRATION REMINDERS

At the start of registration, you will be able to register for up to three fitness classes in total (*plus a Water Aerobics if you are a Plus member*). As part of the three fitness classes, you can take up to a maximum of two at your level, plus any number of general/all ability classes to get you to your three fitness classes. Water Aerobics requires a Plus membership.

- Beginning May 19, you may register for any class that has space **within your level**. You can also register at any time throughout the summer term if there is space available.
- If you register for more than the allotted classes initially, we will reach out or put you on the waiting list for the extra classes, starting with the most popular.
- We will send out the full fitness class policy and levels by email.

PROGRAM OFFERINGS AT KEARNS SPIRITUALITY CENTER

- Spiritual Direction^{\$} • Private Retreats^{\$} • Labyrinth
- Massage Therapy^{\$} • Reiki^{\$}

Open to the public and ALL members.

Contact **412-366-1124** or kearns@cdpsisters.org to learn more.

PLUS MEMBER BENEFITS

- Open & Lap Swim:⁺ Days and times to be announced.
- Kerr Fitness & Sports Center Walking Track:⁺ Monday through Friday, 8:30 a.m.–5 p.m.
Hours may vary due to academic calendar and athletic events.
- Private Swim Lessons by Appointment^{*}

⁺ Class for Plus Members only. | ^{*} Open for members and community. May have additional cost. See website for details. | ^{**} Lottery. | ^{\$} Additional cost.
Schedule as of May 5. Schedule is subject to change.

13852

