



ADVENTURES IN LIFELONG LEARNING

FALL TERM FITNESS CLASSES: SEPT. 8-DEC. 12

No fitness classes weeks of Oct. 13 and Nov. 24.

MONDAYS

- On the Move: A: 9–10 a.m.
- Vinyasa Yoga Flow:* 4:30–5:30 p.m.

TUESDAYS

- Zumba:* 8–8:45 a.m.
- Zumba Gold:* 9–9:45 a.m.
- Water Aerobics:* 12–12:45 p.m., 1–1:45 p.m., 2–2:45 p.m.
- Chair Yoga:** 1–1:45 p.m.
- Beginner Swim Lessons for Adults:* 3–3:45 p.m.
- Stroke Refinement:* 3:45–4:30 p.m.
- Gentle Yoga: A: 3:30–4:30 p.m.
- Hatha Yoga (Intermediate): A:* 4:45–5:45 p.m.

WEDNESDAYS

- Balance & Stability: 9–9:45 a.m.
- Combo Balance & Senior Mat Core: 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: 108 Long Form (Intermediate): 12:30–1:30 p.m.
- Tai Chi: 24 Short Form (Beginner): 1:30–2:30 p.m.
- Muscle Conditioning: Strength & Endurance (Intermediate): A: 2:30–3:30 p.m.
- Muscle Conditioning: Strength & Endurance (Beginner): A: 3:30–4:15 p.m.
- Functional Fitness: 4:15–5 p.m.

THURSDAYS

- Muscle Conditioning: Strength & Endurance (Intermediate): B: 8:15–9:15 a.m.
- Muscle Conditioning: Strength & Endurance (Beginner): B: 9:15–10 a.m.
- Hatha Yoga (Intermediate): B:* 9–10 a.m.
- Gentle Yoga: B: 10:15–11:15 a.m.
- Meditation: 11:30 a.m.–noon

FRIDAYS (No classes Sept. 12, classes begin Sept. 19)

- Core Strength & Stability: 8–9 a.m.
- Water Aerobics:* 11–11:45 a.m., 12–12:45 p.m.
- Pilates: 12–12:45 p.m.
- On the Move: B: 12–1 p.m.

FITNESS CLASSES REGISTRATION REMINDERS

At the start of registration, you may sign up for up to three fitness classes total, plus Water Aerobics if you are a Plus member. Of those three classes:

- You may take up to two classes at your level
- The remaining classes can be general/all-ability classes
- Water Aerobics requires a Plus membership.

Starting Aug. 25, you may register for any open class **at your level** and can continue to register throughout the fall term if space is available.

If you register for more than the allowed number of classes initially, we will contact you and place you on a waitlist, starting with the most popular class.

A full overview of the fitness class policy and level descriptions will be sent via 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 Aug. 2. Schedule is subject to change.

