

# FITNESS CLASSES

## SOMERSET HOSPITAL REHABILITATION & WELLNESS CENTER

Wheeler Family Medical Center, 126 East Church Street  
Somerset, Pennsylvania

*SILVER SNEAKERS OFFERED AND OPEN TO ALL GYM MEMBERS - Instructor Linda Davis-Castrovillo*

Tuesday is our muscle strength and range of motion group fitness

9:45 am - 10:45 am

Thursday is our muscle strength and range of motion group fitness

9:45 am - 10:45 am

*MORNING FIT CAMP - Instructor Val Kennedy*

Monday, Wednesday and Friday from 6:30 am - 7:30 am

*BODY PUMP - Instructors Lacie Cumo and Gayle Morocco*

Monday from 5:30 pm - 6:30 pm

Tuesday from 5:15 pm - 6:15 pm

Thursday from 5:30 pm - 6:30 pm

Saturday from 9:30 am - 10:30 am

*BODY PUMP - Instructors Torie Brant*

Tuesday from 6:00 am - 7:00 am

Thursday from 6:00 am - 7:00 am

Saturday from 7:00 am - 8:00 am



*BODY FLOW - Instructor Breigh Clouse*

Monday from 4:30 pm - 5:30 pm

Wednesday from 4:30 pm - 5:30 pm

Friday from 4:30 pm - 5:30 pm

*BODY SHAPE AND TONE - Instructor Mike Beech*

Monday, Wednesday, Friday from 12:15 - 12:45 pm

*BODY COMBAT - Instructor Melissa Shaffer*

Tuesday and Thursday from 4:15 pm - 5:15 pm

Saturday from 8:15 am - 9:15 am

*PILATES - Instructor Linda Davis-Castrovillo*

Tuesday from 7:30 am - 8:30 am

Thursday from 8:30 am - 9:30 am

*LOW IMPACT AEROBICS & ZUMBA - Instructor Linda Davis-Castrovillo*

Tuesday from 8:30 am - 9:30 am

Thursday from 7:30 am - 8:30 am

**For additional information or  
to register, call (814) 445-3330.**

Wellness Center hours of operation:

Monday through Thursday from 6:00 am - 9:00 pm, Friday from 6:00 am - 8:00 pm,

Saturday from 7:00 am - 4:00 pm and Sunday from 8:00 am - 3:00 pm



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and like us  
on Facebook!