

FITNESS CLASSES

UPMC SOMERSET REHABILITATION & WELLNESS CENTER

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

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 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 9:00 am - 10:00 am

BODY PUMP

Instructor Torie Miller

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 SHAPE AND TONE

Instructor Mike Beech

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

CORE POWER

Instructor Marissa O'Connor

Wednesday from 5:30 pm - 6:15 pm
Saturday from 8:15 am - 9:00 am

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

**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

GRIT

Instructor Brianna Walker

Tuesday from 4:30 pm. - 5:15 pm
Thursday from 4:30 pm - 5:15 pm

MORNING FIT CAMP

Instructor Val Kennedy

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