

Rehabilitation and Wellness Center Fitness Class Schedule



Body Flow

Instructor: Breigh Clouse
Monday, Wednesday, Friday, 4:30 to 5:30 p.m.

Body Pump

Instructors: Gayle Morocco and Lacie Cumo
Monday and Wednesday, 5:30 to 6:30 p.m.
Thursday, 5:45 to 6:45 p.m.

Instructor: Torie Miller
Tuesday and Thursday, Noon to 1 p.m.

Body Shape and Tone

Instructor: Mike Beech
Monday, Wednesday, Friday, 12:15 to 12:45 p.m.

Grit

Instructor: Brianna Walker
Tuesday and Thursday, 5:15 to 5:45 p.m.

UPMC Somerset Rehabilitation and Wellness Center

Wheeler Family Medical Center
126 East Church St.
Somerset, PA 15501

Silver Sneakers

Instructor: Jay Kennedy
Monday and Thursday, 9:45 to 10:45 a.m.

Sunrise Shred

Instructor: Val Kennedy
Monday, Wednesday, Friday, 6:30 to 7:30 a.m.

UPMC Somerset Rehabilitation and Wellness Center hours of operation:

Monday to Thursday, 6 a.m. to 9 p.m.
Friday, 6 a.m. to 8 p.m.
Saturday, 7 a.m. to 4 p.m.
Sunday, 8 a.m. to 3 p.m.

For additional information,
please call **814-445-3330**.