

# Rehabilitation and Wellness Center Fitness Class Schedule



## YogaFlow

**Instructor:** Breigh Clouse

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

## Pump

**Instructors:** Gayle Morocco and Lacie Cumo

Monday and Wednesday, 5:30 to 6:30 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.

## HIIT30

**Instructor:** Brianna Walker

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

## 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

Wheeler Family Medical Center

126 East Church St., Somerset, PA 15501

## 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.

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

# Fitness Class Descriptions

## **YogaFlow:**

YogaFlow is a workout designed to center the body while strengthening and lengthening the muscles. It combines traditional yoga poses with T'ai Chi and Pilates exercises to strengthen the core as well as promote balance and flexibility.

## **Pump (Gayle/Lacie):**

**Monday/Wednesday 5:30 to 6:30 p.m.**

Pump is a one hour long full body workout using low weights and high repetitions to maximize workout.

## **Pump (Torie):**

**Tuesday/Thursday 12 to 1 p.m.**

Pump is a 45 minute workout encompassing all the major muscle groups. This workout is aimed at burning calories, toning muscle and improving core strength. This class will use a barbell with light to moderate weight and high repetition volume to challenge you in a total body workout.

## **Body Shape and Tone:**

Body Shape and Tone is a moderate cardio class perfect for the beginner class enthusiast. We use free weights, exercise balls and steps to change it up every week and keep those muscles guessing. Different levels are demonstrated and encouraged for your comfort level. As long as you are moving, I'm happy. It's a half hour of toning, fat burning and fun. Come check us out!

## **HIIT30:**

HIIT30 is 30 minutes of high intensity exercise designed to push limits and improve cardiovascular fitness and overall strength.

## **Silver Sneakers:**

Silver Sneakers is a one hour exercise/fitness class for those seniors 55 and over seeking a relaxed but energetic and unintimidating format. Simple, aerobic-type dance moves, resistance exercises with bands and dumbbells, and focused balance training are directed by the certified instructor. This class uses standing and seated exercises, low beats per minute music and can be modified to accommodate almost any participant's needs.

## **Sunrise Shred:**

Sunrise Shred is designed to give a flexible workout schedule to early risers who want a total body workout regimen. This class is structured for any level of fitness. The goal is to just move! Class format is a half hour of high intensity interval training with fitness level modifications provided, a half hour of step training and weight workout, and a half hour of core, balance and stretch.