

# Rehabilitation and Wellness Center Fitness Class Schedule



## **YogaFlow**

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

## **Pump**

**Instructors:** Gayle Morocco  
Monday and Wednesday, 5:30 to 6:30 p.m.

**Instructor:** Gayle Morocco  
Thursday, 5:45 to 6:45 p.m.

**Instructor:** Brianna Walker  
Saturday, 8 to 9 a.m.  
and Tuesday, 5:15 to 6:15 p.m.

## **Body Shape and Tone**

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

## **HIIT30**

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

## **Power Sculpt**

**Instructor:** Val Kennedy  
Tuesday and Thursday, noon to 12:45 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.

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## **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

## **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.

## **Power Sculpt**

Power Sculpt is a 45 minute class that includes a unique combination of weight training, core movement, and flexibility.

## **PUMP (Gayle):**

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

**Thursday 5:45 to 6:45 p.m.**

A total body resistance workout focusing on high repetitions with low weight.

## **PUMP (Brianna):**

**Saturday 8 to 9 a.m. and Tuesday 5:15 to 6:15 p.m.**

Pump is a total body resistance training workout focusing on high repetitions with low weight.

## **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.

## **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.