

UPMC Group Exercise Classes

UPMC Site	Class Day	Class Time	Class Type	Class Location	Site Contact	Room Capacity
Forbes Tower	Wednesday	11:30-12:30	Yoga	Conf. Room 7035	Donna Zandier-Leathers 412-647-2495 zandierd@upmc.edu	20 people
Health Plan	Monday	5-6	Pilates	17th Fl. Conf. Room	Chrystie Alex 412-454-5990 alexca@upmc.edu	20 people
	Wednesday	5-6	Kickboxing	17th Fl. Conf. Room		
	Thursday	5-6	Zumba	17th Fl. Conf. Room		
Magee	Monday	5-6	Tai Chi	General	Gina Guldenschuh 412-641-4445 gguldenschuh@upmc.edu	20 people
	Wednesday	5-6	Yoga	General		
	Thursday	5-6	Strength and Tone	General		
Passavant	Tuesday	5:05-6:05	Yoga	Kindergarden Gym	Darlene Loebig 412.367.5430 loebigdg@ph.upmc.edu	15 people
	Thursday	5:05-6:05	Pilates	Kindergarden Gym		
PUH/MUH	Monday	12-1	Beginner Pilates	Please Contact Micki Hughes	Micki Hughes 412-647-9449 hughesml@upmc.edu	15 people
	Monday	4-5	Yoga	Please Contact Micki Hughes		
	Tuesday	4-5	Strength and Tone	Please Contact Micki Hughes		
	Wednesday	5-6	Pilates Mix	Please Contact Micki Hughes		
	Thursday	12-1	Cardio Kickboxing	Please Contact Micki Hughes		
	Thursday	6:30-7:30	Yoga	Please Contact Micki Hughes		
Quantum	Tuesday	4-5	Yoga	Conf. Room 151	Margaret Caruso 412-432-5672 carusomm@upmc.edu	15 people
	Wednesday	4-5	Zumba			
Shadyside	Monday	5-6	Martial Arts	Please Contact Nina Yocco	Nina Yocco 412-623-2528 yocconm@upmc.edu	15 people
	Tuesday	5-6	Zumba	Please Contact Nina Yocco		
St. Margaret	Wednesday	4:30-5:30	Zumba	Conf. Center A or C	Kathie Swack swackka@upmc.edu	15 people
West Psych (main)	Tuesday	12-1	Strength and Tone	8th Floor WPIC Gym	Cathy Briggs 412-246-5031 briggsc@upmc.edu	15 people
	Tuesday	5-6	Yoga	8th Floor WPIC Gym		
	Wednesday	12-1	Pilates I and II	8th Floor WPIC Gym		
	Thursday	5-6	Martial Arts	8th Floor WPIC Gym		
West Psych Oxford	Tuesday	5:15-6:15	Strength and Tone	Rm. 629		10 people
West Psych Franklin	Wednesday	5:15-6:15	Strength and Tone	Gym		20 people
Childrens Hospital	Wednesday	5:30-6:30	Strength and Tone	Cafeteria Conf. Rm.	Sheila Vasbinder Sheila.Vasbinder@chp.edu	15 people