

Try a Floor Class

at the Medical Fitness Center

New classes are starting now at the Medical Fitness Center. All classes can be modified to each participant's fitness abilities. Please talk to an MFC staff member to see which classes would work best with your fitness level and goals.

HIIT



It's a true total body workout! High-intensity interval training (HIIT) is a cardiovascular exercise program alternating short periods of exercise with less intense recovery periods.

Chair Yoga



This class is a dynamic and flowing style of yoga that links breath and movement through a creative series of postures. It balances strength and flexibility while cultivating mindfulness through a continuous flow. The chair is used for stability and balance. Most poses are seated in the chair rather than using a mat.

Meditation in Movement



This is a tai chi inspired class. Participants will learn a series of movements performed in a slow, focused manner. Movements are paired with breathing to help reduce stress and fatigue while inspiring focus and renewed energy.

Vinyasa Yoga



This mat class is a dynamic and flowing style of yoga that links breath and movement through a creative series of postures. It balances strength and flexibility while cultivating mindfulness through a continuous flow.

SLIM: Strengthen and Lengthen Your Muscles with Intensity and Mindfulness



This class brings together yoga and Pilates principals to help create a strong body. It focuses on core and posture while strengthening the entire body and mind.

Exercise Surprise



Join us for a whole-body workout that focuses on strength, posture, cardio, and flexibility.

Fall Prevention



Learn how to focus on body awareness, balance, and stability to help prevent falls.

Please see our monthly calendar for the floor class schedule.

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