

# Mon Valley YMCA Group Fitness Schedule May/June 2017



9 week session Free to members Nonmember rate: \$68.00

|       | Monday                      | Tuesday   | Wednesday   | Thursday                             | Friday  | Saturday  |
|-------|-----------------------------|---|---|--------------------------------------|---|---|
| 6:00  | Cycle Kim<br>WC             |   | Core Rich<br>L                                      |                                      | Cycle Rich<br>WC                              |   |
| 8:00  |                             |   |   |                                      |   | Pump Erin<br>A  |
| 8:30  | Breathe Peggy<br>L          | Ballet Burn Brittany<br>A                         | Breathe Peggy<br>L                                  |                                      | Breathe Brittany<br>L                         |   |
| 9:00  |                             |   |   |                                      |   | Step ~Terri<br>A<br>Cycle ~ Jen<br>WC   |
| 9:30  | Arthritis++Peggy<br>A       | Yoga++Peggy<br>L                                  | Arthritis++Peggy<br>A                               | Zumba~Vicki\$<br>A<br>Cycle ~ Marnie | Walk++ ~ Terri<br>A                           |   |
|       | Cycle-Marnie                | Zumba \$~Vicki<br>A                               | TBT Luann<br>L                                      |                                      | Yoga++Peggy<br>L                              |   |
| 10:00 |                             |   |   |                                      | Cycle-Marnie                                  | Zumba \$<br>Brittany<br>A   |
| 10:15 |                             |   |   |                                      |   | Experience++<br>Terri<br>A  |
| 10:30 | <b>Strength Marnie</b>      | Cycle ~ Lindsay<br>WC<br>Experience++Terri<br>A   | Cycle LuAnn<br>WC                                   | Senior Swing++<br>Brittany<br>A      |   |   |
| 10:40 | Circuit++<br>Peggy<br>A     | <b>new</b>  | Circuit++<br>Peggy<br>A                             |                                      |   | ~Most classes free to members ages 14 & up.<br>~\$ Additional charge  |
| 11:30 |                             | Classic++<br>Terri<br>L                           |   | Classic++<br>Terri<br>L              |   | ++ Especially designed for beginners and seniors<br>~Most classes 45 min. in duration.                                  |
| 5:30  | Cycle Christy               |   | Cycle Christy                                       |                                      |   | ~All exercise participants are required to register in the business office and check in each time classes are attended. |
| 5:45  | Strut Brittany<br>A         | Cardio Kick-Erin<br>A<br>Core Strength-Peggy<br>L | Strut Brittany<br>A                                 | Buns & Guns<br>Peggy<br>A            |   | ~Babysitting is available. Reservations for babysitting should be made in advance at the Front Desk.                    |
| 6:00  | Basic Training Charlie<br>G | Cycle Cristal                                     | Basic Training Charlie<br>G                         | Cycle Cristal                        |   | ~Children are not permitted in the class rooms during class.  |
| 6:30  | Strength~Peggy<br>L         | TBT Peggy<br>L                                    | Zumba \$<br>Brittany<br>A                           | TBT Marnie<br>L                      |   | ~Classes are subject to change or be canceled due to lack of participation.   |
|       | Cycle~Jen                   |   |   |                                      | ~All cycleclasses held in our new Cycle Room. |   |
|       | Zumba \$ Brittany<br>A      |   |   |                                      |   |   |
| 7:15  | Ballet Burn Brittany<br>A   |   | Ballet Burn Brittany<br>A                           |                                      |   | <u>Class Location</u><br>A = Activity Hall<br>G = Gym<br>L = La Carte<br>WC = Wellness Center                           |
| 7:15  | Step Terri<br>L             | Breathe Peggy<br>L                                | <b>new time</b><br>Cycle ~ Kadie<br>Step~Terri<br>L | Breathe Peggy<br>L                   |   |   |