

# Mon Valley YMCA Group Fitness Schedule Oct 30 - Dec 23



8 week session Free to members Nonmember rate: \$60.00

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	Cycle Kim		Core Rich L		Cycle Rich	
8:00				Baby Boomer Boot Camp \$ 8:30 Peggy A		Pump Erin A
8:30	Breathe Peggy L	Ballet Burn Brittany A	Breathe Peggy L	Senior Spin Marnie	Breathe Brittany L	
9:00						Step ~Terri A Cycle ~ Jen
9:30	Arthritis++Peggy A Cycle~Marnie	Yoga++Peggy L	Arthritis++Peggy A	Zumba \$ Vicki A Cycle ~ Marnie	Walk++ ~ Terri A	
		Zumba \$~Vicki A	TBT Luann L		Yoga++Peggy L	
10:00		<p>Healthy Holidays!</p>				Zumba \$ Brittany A
10:15					Experience++ Terri A	
10:30	Strength Marnie	Cycle ~ Lindsay Experience++Terri A	Cycle LuAnn	Senior Swing++ A		
10:40	Circuit++ Peggy A		Circuit++ Peggy A			~Most classes free to members ages 14 & up. ~\$ Additional charge
11:30		Classic++ Terri L		Classic++ Terri L		++ Especially designed for beginners and seniors ~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 A	Cardio A Kick~Erin Butts & Guts L	Strut Brittany A	Old School Aerobics Marsha A		~Babysitting is available. Reservations for babysitting should be made in advance at the Front Desk. ~Children are not permitted in the class rooms during class.
6:00	Basic Training Charlie G	Cycle Cristal	Basic Training Charlie G	Cycle Cristal		~Classes are subject to change or be canceled due to lack of participation.
6:30	Strength~Peggy L Cycle~Jen Zumba \$ Brittany A	Intervals Cardio & Arms Peggy L	Zumba \$ Brittany A	TBT Marnie L		~All cycle classes in our new cycle room.
7:15	Ballet Burn Brittany A		Ballet Burn Brittany A			<u>Class Location</u> A = Activity Hall G = Gym L = La Carte WC = Wellness Center
7:15	Step Terri L	Breathe Peggy L	Cycle Kadie	Breathe Peggy L		