

# Mon Valley YMCA Group Fitness Schedule July 3 - 8



## FREE for all! Bring a friend!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00	Cycle Kim WC	 	Core Rich L		Cycle Rich WC		
8:00						Pump Erin A	
8:30	Breathe Vicki L		Breathe Vicki L	Senior Cycle Jen			
9:00						Step ~Terri A Cycle ~ Jen WC	
9:30	Arthritis++Terri A		Arthritis++Terri A	Zumba~Vicki\$ A Cycle ~ Marnie	Walk++ Terri A		
	Cycle~Marnie		TBT Marnie L		L		
10:00	<p><b>Check out our altered schedule for the workouts we'll offer free for everyone this 4th of July week.</b></p>				Cycle Marnie		
10:15					Experience++ Terri A		
10:30	<b>Strength Marnie</b>	 <b>4th JULY</b>	Cycle LuAnn WC				
10:40	Circuit++ Terri A		Circuit++ Terri A			~Most classes free to members ages 14 & up. ~\$ Additional charge	
11:30				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					Buns & Guns Marnie A	~Babysitting is available. Reservations for babysitting should be made in advance at the Front Desk.	
6:00	Basic Training Charlie G		Basic Training Charlie G		Cycle Cristal	~Children are not permitted in the class rooms during class.	
6:30	Strength~Marnie L Cycle~Jen A				TBT Marnie L	~Classes are subject to change or be canceled due to lack of participation. ~All cycleclasses held in our new Cycle Room.	
7:15						<u>Class Location</u> A = Activity Hall G = Gym L = La Carte WC = Wellness Center	
7:15	Step Terri L			<b>Cycle ~ Kadie</b>	Breathe Marnie L		
				Step~Terri L			