

A BETTER YOU

FITNESS CLASS SCHEDULE

Balanced Body:	Jan 2 - February 29
Zumba:	Jan 2 - February 29
Water Fitness:	January 6 - February 21



New to our 2020 Group Fitness Schedule!

FIT - Tuesdays at 8:30AM in the Main Hall

A multi-disciplinary workout designed to improve cardiorespiratory fitness, muscle strength, flexibility and body composition with the use of weights, balls resistance bands and more! Varying intensity levels with plenty of modifications make this workout appropriate for anyone

Barefoot Body Conditioning - Monday and Wednesdays at 7:15PM in the Main Hall

Build strength, balance and agility from the ground up in this shoes optional total body conditioning class.

Please welcome our new Group Fitness Instructors!

Carla Hackett - Zumba Instructor

Join Carla on Monday and Wednesday nights at 6:30pm for Zumba!

Jethe Custer - Zumba Instructor

Join Jethe in our Saturday 10:00AM Zumba class.

Beth Fronzaglio

Join Beth for our newest class, Barefoot Body Conditioning on Mondays and Wednesday evenings at 7:15PM.

PRESCHOOL REGISTRATION

- **Tuesday, January 7**
For members & children currently participating in our Child Learning Center programs.
- **Tuesday, January 21**
General public

Must register in the Business Office of the Mon Valley YMCA.

Programs Available Based on Child's Age:

3 Day Pre-Kindergarten Readiness (M/W/F)
(4 years old by August 31, 2020)

2 day Preschool (T/TH)
(3 years old by August 31, 2020)

Learning Journeys (T/TH)
September 2020 start date
(2 ½ years old by August 31, 2020)
January 2021 start date
(2 ½ years old by January 1, 2021)

MEMBER SPOTLIGHT

Irenè Beliso Mingrino

Irenè Beliso Mingrino has been a Y Member since 2015. Over the years, with her hard work and dedication, she has successfully launched her career as a professional fitness model.

Irenè states that the Mon Valley YMCA is her second home. The mother of 5 joined the Y because it was family oriented and offered babysitting and daycare. "I had babies at the time and needed a safe place for them. The staff was always so sweet and friendly.", states Irenè.

Fitness has always been a passion for Irenè and in 2015 she decided to enter into her first fitness competition with the NPC (National Physique Committee.) She set her goal high and was determined to win 1st place. After 3 NPC shows, placing 2nd, 3rd and 4th, she finally reached her goal and won 1st place.

Since 2015 Irenè has won pro status in World Beauty Fitness & Fashion Inc. and is now a WBFF PRO DIVA Bikini Model. She has graced many fitness magazines such as Status Fitness Magazine, Fit & Firm Magazine, American Curves Fitness Magazine, was the cover model for Status Fitness Magazine's 2019 Calendar and was honored Ms. January 2020.

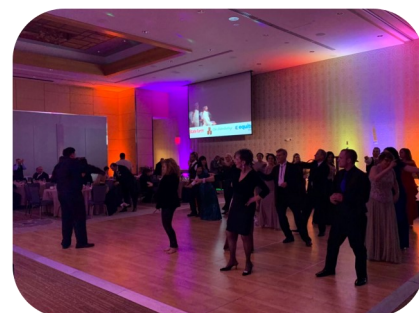
Along side her modeling accolades, she also co-hosts with Smokin' Jim Frazier on Pittsburgh's TV on channel 21 and has co-hosted for Pittsburgh Sportsline.

"The Mon Valley YMCA has helped me achieve my goals because it has all of the equipment I need to hit and target all of the muscle groups. I love my Y family. It's my second home!"

You can follow Irenè's fitness journey on Instagram @ fit2rockgurl_irenemingrino.



The Mon Valley YMCA 2019 Cirqu du YMCA Gala was held at the Fairmont Pittsburgh on Saturday, November 23. Money was raised in support of the Y.



To stay up to date with everything happening at your Y!
LIKE us on Facebook or visit our website at, www.monvalleyymca.org.