

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM						Spin LuAnn
8:30 AM	Breathe Peggy	FIT Vicki	Breathe Peggy	FIT Vicki	Breathe Peggy	
9:30 AM	TBT LuAnn	Dance Fever Vicki Spin~Christy	TBT LuAnn	Dance Fever Vicki	Spin Liz	
10:30 AM	Circuit++ Peggy	Yoga++ Peggy	Circuit++ Peggy	Yoga++ Peggy	Senior Swing Vicki	
11:30 AM		Classic++ Peggy		Classic++ Peggy		
5:30 PM	Spin ~ Jen Dance Fever Carla		Spin~Christy Dance Fever Carla			
6:30 PM	Strength Beth	TBT Peggy		TBT Peggy		

**Mon Valley
YMCA
Group Fitness**

August 2 – September 4



**Free to members
Nonmembers: \$38**