

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM				Easy Rider~Liz (7:45 AM) (1/2hr)		Spin LuAnn	Spin~ Marsha & Lynn
8:30 AM	Breathe Vicki/Peggy	FIT Vicki	Breathe Vicki/Peggy	FIT Vicki	Breathe Vicki	TBT Jethe	12-1pm
9:30 AM	TBT LuAnn	Dance Fever Vicki Spin ~ Liz	TBT LuAnn	Dance Fever Vicki	Senior Swing Vicki Spin~ Liz		
10:30 AM	Circuit++ Liz/Peggy	Yoga++ Jethe/Peggy	Circuit++ Liz/Peggy	Yoga++ Jethe/Peggy	<p style="text-align: center;">Mon Valley YMCA Group Fitness April April 4th-30th</p>  <p style="text-align: center;">Free to members Non-members: \$30</p> <p style="text-align: center;">Pop-Up Meditation w/ George! Friday, April 8th 6:30pm Friday, April 22nd 6:30pm</p> <p style="text-align: center;">Pop Up Spin w/ Marsha! Wednesday, April 13th 6:30am Wednesday, April 27th 6:30am</p>		
11:30 AM		Classic++ Jethe/Peggy		Classic++ Jethe/Peggy			
5:30 PM	Spin ~ LuAnn Dance Fever Carla		Spin ~ Christy Dance Fever Carla				
6:30 PM	Strength Beth	TBT Liz/Peggy	Meditation ~George	TBT Liz/Peggy			
7:15 PM		Breathe Vicki/Peggy		Breathe Camille/Peggy			
8:00 PM							