


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM						Spin LuAnn	Spin~ Marsha & Lynn
8:30 AM	Breathe Peggy	FIT Vicki	Breathe Peggy	FIT Vicki	Breathe Vicki	TBT Jethe	11:45AM- 12:45PM
9:30 AM	TBT LuAnn	Dance Fever Vicki  Spin ~ Liz	TBT LuAnn	Dance Fever Vicki	Senior Swing Vicki  Spin~ Liz		
10:30 AM	Circuit++ Peggy	Yoga++ Peggy	Circuit++ Peggy	Yoga++ Peggy		<p style="text-align: center;"><b>Mon Valley YMCA Group Fitness July July 4th–July30th</b></p>  <p style="text-align: center;"><b>Free to members Non-members: \$30</b></p> <p style="text-align: center;"><b><u>Monday, July 4th</u></b>  <b>8:30am Breathe w/ Vicki</b>  <b>9:30am TBT w/ LuAnn</b>  <b>10:30am Spin w/ LuAnn</b></p> <p style="text-align: center;"><b><u>Sunday, July 16th</u></b>  <b>SPIN CANCELED</b></p>	
11:30 AM		Classic++ Peggy		Classic++ Peggy			
5:30 PM	Spin ~ LuAnn Dance Fever Carla		Spin ~ Christy Dance Fever Carla				
6:30 PM	Strength Beth	TBT Peggy	Meditation ~George	TBT Peggy	Meditation ~George		
7:15 PM		Breathe Peggy		Breathe Peggy			
8:00 PM							