

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM						Spin LuAnn	
8:30 AM	Breathe Peggy	FIT Vicki	Breathe Peggy	FIT Vicki	Breathe Vicki	TBT Jethe	
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		<div>Mon Valley YMCA Group Fitness September Aug. 28th -Sept. 30th</div> <div></div> <div>Free to members Non-members: \$28</div> <div>Labor Day Monday, September 4th 8:30am Spin– LuAnn 9:30am TBT–LuAnn</div>	
11:30 AM		Classic++ Peggy		Classic++ Peggy			
5:30 PM	Spin ~ LuAnn Dance Fever Jethe/Peggy		Spin ~ Christy				
6:30 PM	Strength Beth	TBT Peggy					
7:15 PM		Breathe Peggy					
8:00 PM							