


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM						Spin LuAnn	Spin Marsha 11:45
8:30 AM	Breathe Peggy	FIT Vicki	Breathe Peggy	FIT Vicki	Flexibility 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	Begin to Spin Vicki	<p style="text-align: center;">Mon Valley YMCA Group Fitness July July 1st–August 3rd</p>  <p style="text-align: center;">Free to members Non-members: \$35</p> <p style="text-align: center;">July 4th FIT–Vicki Dance Fever—Vicki</p>	
11:30 AM		Classic++ Peggy		Classic++ Peggy			
5:30 PM	Spin ~ LuAnn Dance Fever~ Chris		Spin ~ Christy Dance Fever~ Chris				
6:30 PM		TBT Peggy		Cardio Burn Jacque			
7:15 PM		Breathe Peggy					