


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM						Spin LuAnn	
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;"><b>Mon Valley YMCA Group Fitness December December 2nd-14th</b></p>  <p style="text-align: center;"><b>Free to members Non-members: \$14</b></p>	
11:30 AM		Classic++ Peggy		Classic++ Peggy			
4:30PM				HIIT Emily			
5:30 PM	Spin ~ LuAnn ----- Dance Fever- Class Led!		Spin ~ Christy ----- Dance Fever Vicki				
6:30 PM		TBT Peggy		Cardio Burn Jacque			
7:15 PM		Breathe Peggy					

**Monday, Dec 16th**

8:30am- Breathe (Peggy)  
9:30am-TBT (LuAnn)  
10:30am- Circuit++ (Peggy)  
5:30pm- Spin (LuAnn)  
5:30pm- Dance Fever (Class Led)

**Tuesday, Dec 17th**

8:30am- FIT (Vicki)  
9:30am- Dance Fever (Vicki)  
9:30am- Spin (Liz)  
10:30am- Yoga++ (Peggy)  
11:30am- Classic++ (Peggy)  
6:30pm- TBT (Peggy)  
7:15pm- Breathe (Peggy)

**Wednesday, Dec 18th**

8:30am- Breathe (Peggy)  
9:30am-TBT (LuAnn)  
10:30am- Circuit++ (Peggy)  
5:30pm- Spin (Christy)  
5:30pm- Dance Fever (Vicki)

**Thursday, Dec 19th**

8:30am- FIT (Vicki)  
9:30am- Dance Fever (Vicki)  
4:30pm- HITT (Emily) **NEW!**  
6:30pm- Cardio Burn (Jacque)

**Friday, Dec 20th**

8:30am- Breathe (Vicki)  
9:30am- Senior Swing (Vicki)  
10:30am- Begin to Spin (Vicki)

**Saturday, Dec 21st**

7:30am- Spin (LuAnn)  
8:30am- TBT (Jethe)

**Monday, Dec 23rd**

8:30am- Breathe (Peggy)  
9:30am-TBT (LuAnn)  
10:30am- Circuit++ (Peggy)  
5:30pm- Spin (LuAnn)  
5:30pm- Dance Fever (Class Led)



**Mon Valley YMCA  
Group Fitness  
Holiday Schedule  
Dec. 16th- January 4th**



**Free to the Community!**



**Tuesday, Dec 24th**

8:30am- FIT (Vicki)  
9:30am- Dance Fever (Vicki)

**Wednesday, Dec 25th- YMCA CLOSED**

**Thursday, Dec 26th**

8:30am- FIT (Vicki)  
9:30am- Dance Fever (Vicki)  
4:30pm- HITT (Emily) **NEW!**  
6:30pm- Cardio Burn (Jacque)

**Friday, Dec 27th**

8:30am- Breathe (Vicki)  
9:30am- Senior Swing (Vicki)  
10:30am- Begin to Spin (Vicki)

**Saturday, Dec 28th**

7:30am- Spin (LuAnn)  
8:30am- TBT (Jethe)

**Monday, Dec 30th**

8:30am- Breathe (Peggy)  
9:30am-TBT (LuAnn)  
10:30am- Circuit++ (Peggy)  
5:30pm- Spin (LuAnn)

**Tuesday, Dec 31st**

8:30am- FIT (Vicki)  
9:30am- Dance Fever (Vicki)

**Wednesday, Jan 1st- YMCA CLOSED**

**Thursday, Jan 2nd**

8:30am- FIT (Vicki)  
9:30am- Dance Fever (Vicki)  
6:30pm- Cardio Burn (Jacque)

**Friday, Jan 3rd**

8:30am- Breathe (Vicki)  
9:30am- Senior Swing (Vicki)  
10:30am- Begin to Spin (Vicki)

**Saturday, Jan 4th**

7:30am- Spin (LuAnn)  
8:30am - Boot Camp (Jethe) **NEW!**  
9:30am- Dance Fitness (Jethe) **NEW!**