

	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	Boot Camp Jethe	
9:30 AM	TBT LuAnn	Dance Fever Vicki ----- Spin~ Liz	TBT LuAnn	Dance Fever Vicki	Senior Swing Vicki ----- Spin~ Liz	Dance Fit (9:20AM) Jethe	
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 February Feb 3rd-March 1st</b></p>  <p style="text-align: center;"><b>Free to members Non-members: \$28</b></p>	
11:30 AM		Classic++ Peggy		Classic++ Peggy			
4:30PM				HIIT Emily	<b>Show the Love!</b> <b>Wed, Feb 12th</b> <b>Aqua Fit</b> (Peggy, Jacque, Liz) Donation to a YMCA Aqua Fit family affected by LA fires.		
5:30 PM	Spin ~ LuAnn ----- Dance Fever Peggy		Spin ~ Christy ----- Dance Fever Class Led!		<b>Thurs, Feb 13th</b> <b>ALL CLASSES</b> Donation to LA fire relief through YMCA mission.		
6:30 PM		TBT Peggy		Cardio Burn Jacque			
7:15 PM		Breathe Peggy		Flexibility Jacque			