


	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;">Mon Valley YMCA Group Fitness January Jan 6th-Feb 1st</p>  <p style="text-align: center;">Free to members Non-members: \$28</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 Class Led!				
6:30 PM		TBT Peggy		Cardio Burn Jacque			
7:15 PM		Breathe Peggy					