	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM						Spin (7:30AM) LuAnn	
8:30AM	Breathe Peggy	FIT Vicki	Breathe Peggy	FIT Vicki	Flexibility Vicki	Boot Camp Jethe	
9:30AM	TBT LuAnn	Dance Fever Vicki Spin Liz	TBT LuAnn	Dance Fever Vicki	Senior Swing Vicki Spin Liz		
10:30AM	Circuit ++ Peggy Begin to Spin Vicki	Yoga ++ Peggy	Circuit ++ Peggy	Yoga ++ Peggy	Begin To Spin Vicki		
11:30AM		Classic ++ Peggy		Classic ++ Peggy			
4:30PM				HIIT Emily			
5:30PM	Spin LuAnn Cardio Burn Paige (LaCarte)	Kids Fit Paige & Mercedes	Spin Christy TBT Paige	Kids Fit Paige & Mercedes			
6:35PM	Sculpt & Light Paige	TBT Paige	Sculpt & Light Paige	Cardio Burn Jacque			
7:20PM		Flexibility Jacque		Flexibility Jacque			

Mon Valley YMCA Group Fitness

November

November 2nd-27th

FREE To Members
Non-Members: $28

Thanksgiving Weekend

Thursday11/26
YMCA CLOSED

Friday 11/27
8:30am Flex-Vicki
9:30 am Senior Swing-Vicki
10:30am Begin to Spin-Vicki

Saturday 11/28
7:30am Spin-LuAnn
8:30am Boot Camp-Jacque

CLASS DESCRIPTIONS

++ = Especially designed for beginners and seniors.

Begin To Spin++ 1/2 hour cycle class designed to help new riders learn the positions on the bike and provide participants with a great cardiovascular workout.
Breathe—A YOGA class with Qi Gong to warm up the muscles, facilitating the stretch. Pilates is also incorporated to strengthen the abdominals and lower back, which stabilize the spin through the poses.
Boot Camp — Circuit style strength HIIT class using body weight and resistance training exercises for a killer workout!
Cardio Burn— A bodyweight cardio and endurance class to get the heart pumping and improve cardiovascular endurance. Suitable for all fitness levels!
Circuit++ Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.
Classic++ Designed to increase muscle strength, range of movement and improve activities for daily living. A Chair is used for seated exercises and standing support. Class can be modified depending on fitness levels.
FIT-A multi-disciplinary workout designed to improve cardiorespiratory fitness, muscle strength, flexibility and body composition with the use of weights, balls resistance bands and more! Varying intensity levels with plenty of modifications make this workout appropriate for anyone
Flexibility— A mobility class incorporating yoga and pilates to focus on stretching and increasing range of motion.
HIIT– High Intensity Interval Training. This class is sure to keep your body moving in a highly modifiable full body strength workout.
Kids Fit—A 1 hour fitness class for kids incorporating strength, cardio, agility, and fun! Parents may drop kids off in the activity hall and workout on their own in the facility during Kids Fit Class. Members Free! Bring a non-member friend for $5.
Sculpt & Light— 35 min class to start or end your day with body sculpt withy stretch to follow. Class utilizes worship music to create a peaceful and uplifting workout enviornment.
Senior Swing++ Swing your way into feeling good and being healthy with this low impact cardio class. Participants will get their feet moving to lively music based around such dances as Swing, Cha Cha, Salsa and mambo.
Spin— A group cycle class designed to motivate participant to increase endurance and burn calories.
Strength & Conditioning—Strength and Cardio class designed to serve the parents beginning their kids to Kids Fit!
Strength —An intro to weightlifting class for teens and up! Build lean muscle, strength and endurance using equipment in all areas of our facility.
Total Body Training (TBT) —A basic format for targeting the entire body. Build lean muscle, strength and endurance and rev the metabolism.
Yoga++ SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

All classes are free to Mon Valley YMCA members.