

# September 2022 GROUP EX SCHEDULE



- Must be at least 12 years old to participate
- RESERVATIONS REQUIRED: Reserve your spot in person, by phone or at [vpfymca.org](http://vpfymca.org) up to one week in advance
- For more classes, visit [vpfymca.org](http://vpfymca.org) and register for Y Wellness 24/7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:10 AM	Group Cycling (50 mins)		Group Cycling (50 mins)		Group Cycling (50 mins)	
8:30 AM				Foam Rolling* (30 mins)		
9:00 AM	Shape Up (60 mins)	Hooping (45 mins)	Yoga (60 mins)	Total Body Tone (45 mins)		Yoga (60 mins)
9:15 AM	Group Cycling (50 mins)		Group Cycling (50 mins)		Group Cycling (50 mins)	Group Cycling (50 mins)
	Group Cycling (50 mins)		Group Cycling (50 mins)	Group Circuit (45 mins)	Country Heat (45 mins)	Group Cycling (50 mins)
10:15 AM			Barre Pilates (50 mins)			TRX Repeat** (45 mins)
11:00 AM					Upper/Lower Core (30 mins)	
12:15 PM		Yoga (60 mins)		Yoga (60 mins)	<b>Allegheny Valley Branch</b> <b>Kiski Valley Branch</b> <b>New Kensington</b> ** Repeat classes are live classes recorded and shown again with a virtual instructor \$7 class passes available for non-members	
5:15 PM	Upper/Lower Core Repeat** (30 mins)	Tabata Strength (45mins)	TRX Live 9/7 Repeat** (45 mins)	Tabata Strength Repeat** (45 Mins)		
6:00 PM	Zumba (60 mins)		Turbo Kick (45 mins)			
			Zumba (60 mins)	Power Sculpt (45 mins)		
6:15 PM		Group Cycling (50 mins)				
		Group Cycling (50 mins)		Group Cycling (50 mins)		
6:30 PM	Full Body Blast (60 mins)	Cardio Blast (60 mins)	Full Body Blast (60 mins)	Turbo Kick (45 mins)		

# Low Intensity Group Ex Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 AM				Foam Rolling (30 mins)		<b>Allegheny Valley Branch</b>  <b>Kiski Valley Branch</b>  <b>New Kensington Branch</b>  <b>RESERVATION REQUIRED</b> Reserve your spot in Person or at <a href="http://vpfymca.org">vpfymca.org</a> Class reservation will open one week in advance
9:00 AM		Hooping (45 mins)			SS Classic (45 mins)	
9:30 AM	SS Circuit (45 Mins)					
10:00 AM		SS Yoga (45 mins)			SS Cardio (45 mins)	
		SS Boom Muscle (45 mins)	SS Circuit (45 mins)	SS Boom Muscle (45 mins)	SS Classic (45 mins)	
10:15 AM	Cardio & Strength (60 mins)			Cardio and Strength (60 mins)		
11:00 AM			SS Classic (45 mins)			
11:15 AM		SS Yoga (45 mins)		SS Yoga (45 mins)		
11:30 AM				SS Yoga (45 mins)		
12:00 PM	Tai Chi (45 mins)	SS Yoga (45 mins)	Tai Chi (45 mins)	Cardio & Strength (45 mins)		

