

Group Exercise Class Schedule
Begins April 1, 2014 All Classes Subject to Change

Wilmerding YMCA



	Mon	Tue	Wed	Thur	Fri
A M	Cycling (1-3) 8:00-8:45 Dawn	Cardio Sculpt (2) 7:45-8:45 Lynn	Cycling & Sculpt (1-3) 8:00-9:00 Dawn	Cardio Sculpt (2) 7:45-8:45 Lynn	Hatha Yoga (1-3) 7:45-9:00 Theresa
	Step & Reps (2-3) 9:00-10:00 Dawn	Core & More (1-3) 9:00-10:00 Lynn	Step & Reps (2-3) 9:00-10:00 Dawn	Core & More (1-3) 9:00-10:00 Lynn	Cycling & Step (1-3) 9:00-10:00 Dawn
	Active Older Adults (1) 10:15-11:00 Dawn	Moving for Better Balance (1) (Endorsed by Silver&Fit®) 10:15-11:00 Maureen/Lynn	SilverSneakers® Cardio 10:15-11:00 Dawn	Moving for Better Balance (1) (Endorsed by Silver&Fit®) 10:15-11:00 Maureen/Lynn	Active Older Adults (1) 10:15-11:00 Dawn
	SilverSneakers® Circuit 11:15-12:00 Dawn	SilverSneakers® Classic 11:15-12:00 Maureen		SilverSneakers® Classic 11:15-12:00 Maureen	Beginner Cycling 11:15-12:00 Dawn
	SilverSneakers® Yoga 12:15-1:00 Dawn	Beginner Cycling 12:15-1:00 Maureen/Lynn		SilverSneakers® Yoga 12:15-1:00 Maureen	
		Step (1-3) 5:15-5:45			
		Kickboxing (1-3) 5:45-6:15 Dawn			
				Cycling (1-3) 5:15-6:15 Dawn	Cycling (1-3) 4:30-5:30 Dawn
		Cardio-Sculpt (1-3) 6:00-6:45 Nicole			Cardio Sculpt (1-3) 5:45-6:45 Wendy
P M	Zumba (Parent & Teen) 6:45-7:30 (1-3) Nicole	Cycling (1-2) 7:15-8:00 Mike	Hatha Yoga (1-3) 6:30-8:00 Theresa	Cycling (3) 6:30-7:30 Mike	
			Zumba® (Gym) (1-3) 6:45-7:45 Heather		

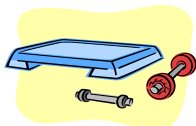
Always check with your physician prior to beginning an exercise program.

Please inform the Instructor if you are new to class.

All classes held in Aerobic Studio unless otherwise noted.

Recommended Fitness Levels:

(1) Beginner (2) Intermediate (3) Advanced



ymcapgh.org

Phone 412-823-9000

Fax 412-823-1402

Sat

Hatha Yoga (1-3)

7:45-9:00

Theresa

Zumba Toning® (Gym)

8:30-9:30 (1-3)

Heather

Cycling (1-3)

9:00-10:00

Dawn

Core & More (1-3)

10:15-11:15

Wendy

