

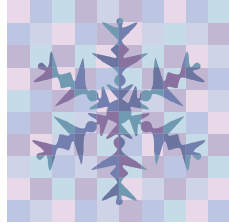



**Penn Hills YMCA**  
**Group Exercise Schedule**  
**412-795-2600**

**JANUARY 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45-8:30am <b>CARDIO VARIETY</b> Raylene	9:15-10:00am <b>BODIES IN MOTION</b> Raylene	7:45-8:30am <b>CARDIO VARIETY</b> Raylene	7:45-8:45am <b>YOGA</b> Therese	9:15-10:00 am <b>CARDIO VARIETY</b> Raylene	7:45-8:30am <b>FOCUS ON STRENGTH</b> Tracy
9:00-9:45am <b>SLOW BURN</b> Lori	10:15-11:00am <b>SILVER SNEAKERS CARDIO CIRCUIT</b> Lori	9:00-9:45am <b>SLOW BURN</b> Lori	9:00-9:45am <b>ZUMBA</b> Malinda	10:15-11:00 am <b>PRAISE MOVES</b> Mary Ann	9:00-9:45am <b>ZUMBA</b> Catherine
10:00-10:45am <b>DRUMS ALIVE</b> Kathy Begins Jan 11	11:15am-12:00pm <b>SILVER SNEAKERS MS/ROM</b> Lori	10:00-10:45am <b>MAT PILATES</b> Raylene	10:15-11:00am <b>SILVER SNEAKERS CARDIO CIRCUIT</b> Lori	11:15-12:00pm <b>SILVERSNEAKERS MS/ROM</b> Megan	
11:00-11:45am <b>MAT PILATES</b> Raylene	12:15-1:00 pm <b>STRETCH &amp; STRENGTH</b> Megan	11:00-11:45 am <b>SPINNING</b> Stephanie	11:15am-12:00pm <b>SILVER SNEAKERS MS/ROM</b> Kathy		
12:00-12:45pm <b>SILVER SNEAKERS YOGA STRETCH</b> Therese		12:00-12:45pm <b>SILVER SNEAKERS YOGA STRETCH</b> Therese	12:15-1:00pm <b>PRIME TIME FITNESS</b> Kathy		
1:00-1:45pm <b>SILVERSNEAKERS MS/ROM</b> Kathy		1:00-1:45 pm <b>SILVERSNEAKERS MS/ROM</b> Megan			
5:30-6:15pm <b>CHISEL</b> Tracy		5:30-6:15pm <b>DANCE AEROBICS</b> Leanne			
6:30-7:15pm <b>INTERVAL STEP</b> Jeff	6:45-7:30pm <b>BOOT CAMP</b> Tracy (Gym B)	6:30-7:15 pm <b>SPINNING</b> Tracy	5:30-6:15pm <b>ZUMBA</b> Catherine	5:00-6:00 <b>YOGA</b> Therese	
6:30-7:15pm <b>MAT PILATES</b> Leanne (Classroom)	7:45-8:30pm <b>POWER STRETCH</b> Tracy	6:30-7:15pm <b>MAT PILATES</b> Leanne (Classroom)	6:30-7:15pm <b>TOTAL BODY SCULPTING &amp; CONDITIONING</b> Jeff	6:15-7:00pm <b>SPINNING</b> Diana	
7:30-8:15pm <b>SPINNING</b> Frankie					

\*\*\* Class descriptions on reverse side\*\*\*

\*\*\* All Classes will be held in the group exercise studio unless otherwise indicated\*\*\*

\*\*\* The YMCA reserves the right to modify or cancel classes in case of emergency\*\*\*

\*\*\* The YMCA will provide a 2 week notice for permanent class schedule deletions or additions\*\*\*

UPDATED  
1/5/10