

JULY 2021

Low Intensity Group Ex Classes



Monday	Tuesday	Wednesday	Thursday	Friday	
	Hooping 9:00-9:45 AM		Foam Rolling 8:30-9:00 AM	SS Classic 9:00-9:45 AM	Allegheny Valley Branch
Cardio & Strength 10:15-11:15 AM	SS Yoga 10:00-10:45 AM		Cardio & Strength 10:15-11:15 AM	SS Cardio 10:00-10:45 AM	
SS Circuit 10:00 AM-10:45 AM 24/7	SS Classic 10:00-10:45 AM 24/7	SS Circuit 10:00-10:45 AM	SS Circuit 10:00-10:45 AM 24/7	SS Classic 10:00-10:45 AM	
SS Classic 11:15 AM-12:00 PM	SS Yoga 11:15 AM-12:00 PM 24/7	Y Wellness My Way Cardio 1:15-1:45 PM 24/7	SS Yoga 11:15 AM -12:00 PM 24/7	Y Wellness My Way Cardio 1:15-1:45 PM 24/7	Kiski Valley Branch
			SS Yoga 11:30 AM -12:15 PM Beginning 6/10!		
Tai Chi 12:00-12:45 PM	SS Yoga 12:00-12:45 PM	Tai Chi 12:00-12:45 PM	Cardio & Strength 12:00-1:00 PM		New Kensington Branch

- Masks are required during all classes unless fully vaccinated. Social distancing is still enforced.
- Must be at least 12 to participate.
- RESERVATION REQUIRED: Reserve your spot in person, by phone or at vpfymca.org up to one week in advance.
- Classes marked with **24/7** can be found live virtually on Y Wellness 24/7.
- For more classes, visit vpfymca.org & register for Y Wellness 24/7!

VALLEY POINTS FAMILY YMCA

JULY 2021

Moderate-High Intensity Group Ex Classes



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT 6:00-6:45 AM 24/7	Hooping 9:00-9:45 AM	Yoga 9:00-10:00 AM	Foam Rolling 8:30-9:00 AM		Virtual Cardio Fix 8:00-8:40 AM F
Group Cycling AVB & KVB 9:15-10:05 AM	10 Minute Core 9:05-9:15 AM 24/7	Group Cycling AVB & KVB 9:15-10:05 AM	Group Circuit 9:15-10:00 AM	Group Cycling AVB 9:15-10:05 PM	Yoga 9:00-10:00 AM
Classes marked with F can be found live virtually at Facebook.com/vpfymca under GROUPS	Yoga 12-1 PM	Barre Pilates 10:15-11:15 AM F	Virtual classes held live could result in you being in the background.	Upper Lower Core 11:00-11:35 AM F	Group Cycling AVB & KVB 9:15-10:05 AM
	Social distancing still enforced.	Masks are required during all classes unless fully vaccinated.	Kid Cycle - Ages 8-14 5:30-6:00 PM Hip to Foot Min 30in.	\$7 class passes available for non-members!	
Yoga 5:30-6:30 PM F	Virtual Muscle Max 5:00-5:45 PM F		Vinyasa Yoga 6:00-7:00 PM 24/7	Allegheny Valley Branch Kiski Valley Branch New Kensington Branch	
Zumba 6:00-7:00 PM F	Group Cycling AVB & KVB 6:15-7:05 PM	Turbo Kick 6:00-6:45 PM F	Group Cycling 6:15-7:05 PM	RESERVATION REQUIRED Reserve your spot in person, by phone or at vpfymca.org . Class reservation will open one week in advance.	
Must be at least 12 to participate.	For additional classes, go to vpfymca.org & register for Y Wellness 24/7!	Zumba 6:00-7:00 PM	Power Sculpt 6:30-7:15 PM		
Full Body Blast 6:30-7:30 PM		Full Body Blast 6:30-7:30 PM	Turbo Kick 6:30-7:15 PM		