

MAY 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 F	SS Classic 10:00-10:45 AM F	SS Circuit 10:00-10:45 AM	SS Circuit 10:00-10:45 AM F	SS Classic 10:00-10:45 AM	Kiski Valley Branch
SS Classic 11:00-11:45 AM F	SS Yoga 11:15 AM-12:00 PM F	Y Wellness My Way Cardio 1:15-1:45 PM	SS Yoga 11:15 AM -12:00 PM F	Y Wellness My Way Cardio 1:15-1:45 PM	
Tai Chi 12:00-12:45 PM	SS Yoga 12:00-12:45 PM	AOA Cardio & Tai Chi 12:00 PM-1:00 PM	Cardio & Strength 12:00-1:00 PM		New Kensington Branch

- Masks are required during all classes.
- Class sizes are limited for proper social distancing.
- Only Valley Points Family YMCA members are eligible to register at this time.
- Must be at least 12 to participate.
- RESERVATION REQUIRED: Reserve your spot in person, by phone or at vpfymca.org up to two days in advance.
- Classes marked with **F** can be found live virtually at Facebook.com/VPFYMCA.
- 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

MAY 2021

Moderate-High Intensity Group Ex



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 may be 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
	Class sizes are limited for proper social distancing.			Masks are required during all classes.	
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		
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		
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		