

SEPTEMBER 2021

Low Intensity Group Ex Classes



Monday	Tuesday	Wednesday	Thursday	Friday		
SS Classic 9:00 AM-9:45 PM	Hooping 9:00-9:45 AM		Foam Rolling 8:30-9:00 AM	SS Classic 9:00-9:45 AM	Allegheny Valley Branch	
SS Circuit 10:00 AM-10:45 AM 24/7	SS Yoga 10:00-10:45 AM		Cardio & Strength 10:15-11:15 AM	SS Cardio 10:00-10:45 AM		
Cardio & Strength 10:15-11:15 AM	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		Kiski Valley Branch
	SS Yoga 11:15 AM-12:00 PM 24/7		SS Yoga 11:15 AM -12:00 PM 24/7			
			SS Yoga 11:30 AM -12:15 PM			New Kensington Branch
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			

- 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!

SEPTEMBER 2021

Moderate-High Intensity Group Ex Classes



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Group Cycling 6:10-7:00 AM	15 Minute Core F 8 AM	Hooping 9:00-9:45 AM		Group Cycling 6:10-7:00 AM	Yoga 9:00-10:00 AM	Foam Rolling 8:30-9:00 AM		15 Minute Lower Body F 8 AM		Yoga 9:00-10:00 AM	
Group Cycling 9:15-10:05 AM	Group Cycling 9:15-10:05 AM	HIIT Cycling 9:00-9:30AM		Group Cycling 9:15-10:05 AM	Group Cycling 9:15-10:05 AM	HIIT Cycling 9:00-9:30 AM		Group Cycling AVB 9:15-10:05 PM		Group Cycling 9:15-10:05 AM	
Raise the Bar 10-10:45 AM		Yoga 12-1 PM		Raise the Bar 10-10:45 AM	Barre Pilates 10:15-11:05 AM	Group Circuit 9:15-10:00 AM		Upper Lower Core 11:00-11:35 AM		Group Cycling 9:15-10:05 AM	
Y Wellness 24/7 FREE additional virtual classes, Register @ vpfymca.org		F classes found at: Facebook.com/ VPFYMCA under GROUPS		*REPEAT CLASSES are live classes recorded and shown again with a virtual instructor.				\$7 class passes available for non-members!			
Barre Pilates Repeat 5:00-5:50 PM		Tabata Strength 5:15-6:00 PM				Upper Lower Core Repeat 5:30-6:00 PM		Allegheny Valley Branch			
F Yoga 5:30-6:30 PM	Group Cycling 6:15-7:05 PM	Group Cycling 6:15-7:05 PM	15 Minute Upper Body 5 PM F		Group Cycling 6:15-7:05 PM		Kiski Valley Branch				
F Zumba 6:00-7:00 PM	Zumba 6:00-7:00 PM		F Turbo Kick 6:00-6:45 PM		Power Sculpt 6:30-7:15 PM		New Kensington Branch				
Full Body Blast 6:30-7:30 PM			Full Body Blast 6:30-7:30 PM		Turbo Kick 6:30-7:15 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.											
New classes highlighted in RED.											