

January 2023 GROUP EX SCHEDULE



- Must be at least 12 years old to participate
- RESERVATIONS REQUIRED: Reserve your spot in person, by phone or at vpfymca.org up to one week in advance
- For more classes, visit vpfymca.org and register for Y Wellness 24/7

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---------------------------|---------------------------|--------------------------------|------------------------------------|--|-------------------------|
| 6:10 AM | Group Cycling (50 mins) | | Group Cycling (50 mins) | | Group Cycling (50 mins) | |
| 8:30 AM | | | | Foam Rolling* (30 mins) | | |
| 9:00 AM | Shape Up (60 mins) | Hooping (45 mins) | Yoga (60 mins) | | | Yoga (60 mins) |
| 9:15 AM | Group Cycling (50 mins) | Turbo Kick (50 mins) | Group Cycling (50 mins) | | Group Cycling (50 mins) | Group Cycling (50 mins) |
| | | | Group Cycling (50 mins) | Group Circuit (45 mins) | Country Heat (45 mins) | Group Cycling (50 mins) |
| 10:15 AM | | | POP-UP Classes (50 mins) | | | |
| 11:00 AM | | | | | Upper/Lower Core (30 mins) | |
| 12:15 PM | | Yoga (60 mins) | | Yoga (60 mins) | Allegheny Valley Branch Kiski Valley Branch New Kensington ** Repeat classes are live classes recorded and shown again with a virtual instructor | |
| 5:15 PM | Cardio Blast (30 mins) | Upper/Lower Core (30mins) | Group Circuit 5:30pm (45 mins) | Tabata Strength Repeat** (45 Mins) | | |
| 6:00 PM | Zumba (60 mins) | | Zumba (60 mins) | Power Sculpt (45 mins) | | |
| | Full Body Blast (60 mins) | | Full Body Blast (60 mins) | | | |
| 6:15 PM | | Group Cycling (50 mins) | | | | |
| | | Group Cycling (50 mins) | | Group Cycling (50 mins) | | |
| 6:30 PM | | Cardio Blast (60 mins) | | | | |

Low Intensity Group Ex Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|----------|--------------------------------|-----------------------------|-------------------------|----------------------------------|-------------------------|---|
| 8:30 AM | | | | Foam Rolling (30 mins) | | <p>Allegheny Valley Branch</p> <p>Kiski Valley Branch</p> <p>New Kensington Branch</p> <p>RESERVATION REQUIRED</p> <p>Reserve your spot in Person or at vpfymca.org</p> <p>Class reservation will open one week in advance</p> |
| 9:00 AM | | Hooping (45 mins) | | | SS Classic (45 mins) | |
| 9:30 AM | SS Circuit (45 Mins) | | | | | |
| 10:00 AM | | SS Yoga (45 mins) | | | SS Cardio (45 mins) | |
| | | SS Boom Muscle (45 mins) | SS Circuit (45 mins) | SS Boom Muscle (45 mins) | SS Classic (45 mins) | |
| 10:15 AM | Cardio & Strength (60 mins) | | | Cardio and Strength (60 mins) | | |
| 11:00 AM | | | SS Classic (45 mins) | | | |
| 11:15 AM | | SS Yoga (45 mins) | | SS Yoga (45 mins) | | |
| 11:30 AM | | | | SS Yoga (45 mins) | | |
| 12:00 PM | Tai Chi (45 mins) | SS Yoga (45 mins) | Tai Chi (45 mins) | Cardio & Strength (45 mins) | | |

