

Winter 2023 GROUP EX SCHEDULE



- Must be at least 13 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)	Burn Workout (50 mins)	Group Cycling (50 mins)	Burn Workout (50 mins)	Group Cycling (50 mins)	Group Cycling (50 mins)
		Turbo Kick (50 mins)	Group Cycling (50 mins)	Group Circuit (45 mins)	Country Heat (45 mins)	Group Cycling (50 mins)
10:15 AM		Pilates 10am (45 mins)	Yoga (60 mins)	Pilates 10am (45 mins)		Yoga (60 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)	Pilates (45 mins)	Full Body Blast (60 mins)	Pilates (45 mins)		
6:15 PM	Burn Workout (50 mins)	Group Cycling (50 mins)				
		Group Cycling (50 mins)		Group Cycling (50 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> <p><i>CLASSES MARKED WITH * ARE PAID CLASSES</i></p> <p>Contact the Welcome Center for Details or Register Online</p>
9:00 AM		Hooping (45 mins)			SS Classic (45 mins)	
9:15 AM		BBW (POOL 45 mins)		BBW (POOL 45 mins)		
9:30 AM	SS Circuit (45 Mins)	*Aquacise 9:35am (POOL 45 mins)		*Aquacise 9:35am (POOL 45 mins)		
9:45 AM	*Arthritis Aquatics (POOL 45 Mins)		*Arthritis Aquatics (POOL 45 Mins)		*Arthritis Aquatics (POOL 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 Yoga (45 mins)	SS Classic (45 mins)			
11:15 AM		SS Yoga (45 mins)		SS Yoga (45 mins)		
	SS Splash (POOL 45 mins)	SS Splash (POOL 45 mins)	SS Splash (POOL 45 mins)	SS Splash (POOL 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)		
7:15 PM		*Aquacise (POOL 45 mins)		*Aquacise (POOL 45 mins)		