

# Group Exercise Schedule

## Kiski Valley Branch - Winter 2018

**NEW 2018 CLASS IN BLACK!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>Beat Cycle</b> 6-6:50 AM Francine		<b>Mixed Cycle</b> 6-6:50 AM Mel		<b>Beat Cycle</b> 6-6:50 AM Francine			
<b>SS Cardio</b> 8-8:45 AM Alice	<b>Zumba Gold until 1/15</b> 8-8:45 AM Wish Claire well in FL!	<b>SS Circuit</b> 8-8:45 AM Please call ahead for class availability	<b>Zumba Gold until 1/15</b> 8-8:45 AM Wish Claire well in FL!	<b>SS Cardio</b> 8-8:45 AM Debi	<b>Yoga</b> 8-9 AM Carol		
<b>SS Classic</b> 9-9:45 AM Alice	<b>Country Heat</b> 9:15-10 AM Amanda Begins 1/16	<b>SS Classic</b> 9-9:45 AM Debi/Shannon	<b>Country Heat</b> 9:15-10 AM Amanda Begins 1/18	<b>SS Classic</b> 9-9:45 AM Debi			
<b>Mixed Cycle</b> 9:15 - 10:05 AM Christie	<b>Hula Hooping</b> 9:15-10 AM Debi	<b>Mixed Cycle</b> 9:15 - 10:05 AM Christie	<b>Hula Hooping</b> 9:15 - 10 AM Debi	<b>Mixed Cycle</b> 9:15 - 10:05 AM Mel	<b>Mixed Cycle</b> 9:15 - 10:05 AM Amanda		
<b>1 Minute Drill</b> 10:15-10:45 AM Kari	<b>SS Yoga</b> 10:30-11:15 AM Debi	<b>Yoga</b> Noon-1:00 PM Carol	<b>Moving For Better Balance</b> 10:15-11 AM Debi/Shannon	<b>SS Yoga</b> 10:30-11:15 AM Debi	<b>Upper Lower Core</b> 10:15-10:45 AM Mel		
<b>Youth Cycle</b> *Ages 9-12 5:15-5:45 PM Mel	<b>1 Minute Drill</b> 5:30-6 PM Kari		<b>Upper Lower Core</b> 5:30-6 PM Mel	<b>\$7 Class Pass</b> Will Be Available in 2018 For Non-Members to Take Any Group Exercise Class Except Cycling  Check Back In Early January For Our <b><u>2018 Boot Camp Schedule</u></b>			
<b>P90X</b> 6-6:30 PM Amy	<b>Zumba</b> 6-7 PM Michele	<b>Cycle</b> 6:15 - 7 PM Amy	<b>Yoga</b> 6:15-7:15 Colleen			<b>Country Heat</b> 6-6:45 Amanda	<b>Beat Cycle</b> 6:15 - 7 PM Francine
<b>Health Coaching &amp; Personal Training Available</b> See Service Desk For Details			<b>Cycle</b> 7:30-8:30 PM Francine **January Only Unless Prolonged**			<b>Tap</b> 6:15-7 PM Lisa \$\$\$	<b>Ballet</b> 7-8 PM Lisa \$\$\$

All classes without a symbol are included in the cost of membership! No pre-registration is necessary.  
 Group cycling classes close after the last bike is filled. Please sign-in at the welcome center prior to class. Sign in for self ONLY.  
 \$\$\$-Can be paid for daily or monthly. Class runs September-May **AT OUR WEST VANDERGRIFT DANCE STUDIO.**  
**Cycle= Outdoor Ride Simulation    Beat Cycle= Ride Moves In Time With Music    Mixed Cycle= Combination of Cycle & Beat**  
**SS= Silversneakers (classes geared for those with balance, range of motion or mobility limitations)**