

# Kiski Valley Branch Group Ex September 2018



Mondays	Tuesdays	Wednesdays	the YMCA	Thursdays	Fridays	Saturdays
<b>Beat Cycle</b> 5:45-6:35am Sara		<b>Mixed Cycle</b> 5:45-6:35am Sara	<b>Wednesday Bonus Classes!</b>	<b>Foam Rolling</b> 8:30-9am Kari *Begins 9/13!	<b>Beat Cycle</b> 5:45-6:35am Sara	<b>Yoga</b> 8-9am Carol
<b>SS Cardio</b> 8-8:45am Alice	<b>Country Heat</b> 9:15-10:15am Amanda	<b>Group Circuit</b> 8-8:45am Kari		<b>SS Circuit</b> 8-8:45am Debi	<b>Country Heat</b> 9:15-10:15am Amanda	<b>SS Cardio</b> 8-8:45am Debi
<b>SS Classic</b> 9-9:45am Alice	<b>Hooping</b> 9:15-10am Debi	*Not offered 1st Wed of month <b>Mixed Cycle</b> 9:15-10:05am Christie	<b>SS Classic</b> 9-9:45am Debi	<b>Hooping</b> 9:15-10am Debi	<b>SS Classic</b> 9-9:45am Debi	<b>SS=</b> SilverSneakers (Geared towards individuals with balance, range of motion or mobility limitations) <b>Cycle=</b> Outdoor Ride Simulation <b>Beat Cycle=</b> Ride moves in time with music <b>Mixed Cycle=</b> Combination of Cycle & Beat
<b>Mixed Cycle</b> 9:15-10:05am Amanda	<b>SS Yoga</b> 10:30-11:15am Debi	<b>Moving 4 Better Balance</b> 10:15-11am Donna	<b>1st Wednesday of each month!</b>	<b>SS Yoga</b> 10:30-11:15am Debi	<b>Mixed Cycle</b> 9:15-10:05am Mel	
<b>1 Minute Drill</b> 10:15-10:45am Kari	<b>Yoga</b> 12-1pm Carol		<b>Mixed Cycle</b> 7:30-8:20pm Francine/ Amanda	<b>Upper Lower Core</b> 10:15-10:45am Debi	<b>Upper Lower Core</b> 10:15-10:45am Mel	
			<b>1st &amp; Last Wednesday of each month!</b>		<b>Upper Lower Core</b> 5:30-6pm Bryan	
<b>Zumba</b> 6-7pm Michele	<b>1 Minute Drill</b> 5:30-6pm Kari	<b>Country Heat</b> 6-7pm Amanda		<b>Beat Cycle</b> 6:15-7pm Francine	<b>\$7 Class Pass Available For Non-Members</b> *Excludes Cycling	
<b>HIIT</b> 6:15-6:45pm Bryan	<b>Mixed Cycle</b> 6:15-7pm Christie	<b>Yoga</b> 6:15-7:15pm Colleen				