



Group Exercise Schedule

Kiski Valley Branch

September 2017

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Mixed Cycle 6-6:50 AM Francine				Mixed Cycle 6-6:50 AM Christie				Mixed Cycle 6-6:50 AM Francine		
SS Cardio 8-8:45 AM Sandy	SS Classic 9-9:45 AM Sandy	Zumba Gold 8-8:45 AM Claire		SS Circuit 8-8:45 AM Beckie	SS Classic 9-9:45 AM Beckie	Zumba Gold 8-8:45 AM Claire		SS Cardio 8-8:45 AM Debi	SS Classic 9-9:45 AM Debi	Yoga 8-9 AM Carol
Mixed Cycle 9:15 - 10:05 AM Christie		Hula Hooping 9:15-10 AM Debi		Mixed Cycle 9:15 - 10:05 AM Mel		Hula Hooping 9:15 - 10 AM Debi		Mixed Cycle 9:15 - 10:05 AM Christie		Cycle 9:15 - 10:05 AM Francine
PiYo 10:15-11:15 AM Shannon		SS Yoga 10:30-11:15 AM Debi	Yoga Noon-1:00 PM Carol	Moving For Better Balance 10:15-11 AM Beckie		SS Yoga 10:30-11:15 AM Debi		PiYo 10:15-11:15 AM Shannon		
Zumba 6-7 PM Michele	1/2 Hr Power 5:30-6 PM Kari	Cycle 6:15 - 7 PM Amy	Zumba 6-7 PM Claire	Upper/Lower /Core 5:30-6 PM Mel	Beat Cycle 6:15 - 7 PM Francine					
P90X 6-6:30 PM Amy	Basic Training 6:15-7 PM Sept. 5-28 \$	Beginner Boot Camp 6:15-7 PM Oct. 3-26 \$	Yoga 6:15-7:15 Colleen	Basic Training 6:15-7 PM Sept. 5-28 \$	Beginner Boot Camp 6:15-7 PM Oct. 3-26 \$					
Hip Hop 6:15-7 PM Olivia \$\$\$				Tap 6:15-7 PM Lisa \$\$\$	Ballet 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.
 \$-Paid 4-week class \$\$\$-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)