

Valley Points Family YMCA

Active Older Adult

January Group Ex Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
SS Circuit 8-8:45 AM @ KVB				SS CardioFit 8-8:45 AM @ KVB
SS Classic 9-9:45 AM @ KVB	Fall Prevention 9:15-9:45 PM @ AVB	SS Classic 9-9:45 AM @ KVB <small>*Begins January 16</small>		SS Classic 9-9:45 AM @ KVB
Silver Strut Walking 9-10 AM @ AVB	Silver Strut Walking 9-10 AM @ AVB	Silver Strut Walking 9-10 AM @ AVB	Silver Strut Walking 9-10 AM @ AVB	Silver Strut Walking 9-10 AM @ AVB
Cardio Circuit 10-10:45 AM @ AVB	Cardio Circuit 10-10:45 AM @ AVB	Cardio Circuit 10-10:45 AM @ AVB	Zumba Gold 10-10:45 AM @ AVB	Cardio Circuit 10-10:45 AM @ AVB
	SS Yoga 10:30-11:15 AM @ KVB	Moving 4 Better Balance 10:15-11:00 AM @ KVB	SS Yoga 10:30-11:15 AM @ KVB	
SS Classic 11-11:45 AM @ AVB	SS Yoga 11:15AM-12PM @ AVB	SS Classic 11-11:45 AM @ AVB	SS Yoga 11:15AM-12PM @ AVB	SS Classic 11-11:45 AM @ AVB
SS Circuit 11-11:45 AM @ NKB	Tai Chi Wellness 11-11:45 AM @ NKB	Moving 4 Better Balance 11-11:45 AM @ NKB	Tai Chi Energy 11-11:45 AM @ NKB	SS Circuit 11-11:45 AM @ NKB
SS Classic 12-12:45 PM @ NKB	SS Yoga 12-12:45 PM @ NKB	SS Classic 12-12:45 PM @ NKB	SS Yoga 12-12:45 PM @ NKB	SS Classic 12-12:45 PM @ NKB
Allegheny Valley	Kiski Valley	Tai Chi Chuan 12-12:45 PM @ AVB	New Kensington	