

# JANUARY 11-31, 2021

## Low Intensity Group Ex Classes



Monday	Tuesday	Wednesday	Thursday	Friday		
	Hooping 9:00-9:45 AM		Foam Rolling 8:30-9:00 AM	SilverSneaker Classic 9:00-9:45 AM	<b>Allegheny Valley Branch</b>	
Cardio & Strength 10:15-11:15 AM	SilverSeaker Yoga 10:00-11:00 AM		Cardio & Strength 10:15-11:15AM	SilverSneaker Cardio 10:00-10:45 AM		
SS Circuit <sup>V</sup> 10:00 AM-11:00AM	SS Classic <sup>V</sup> 10-10:45 AM	SS Circuit 10-10:45 AM	SS Circuit <sup>V</sup> 10-10:45 AM	SS Classic 10-10:45 AM		<b>Kiski Valley Branch</b>
	SS Yoga <sup>V</sup> 11-11:45 AM		SS Yoga <sup>V</sup> 11-11:45 AM			
Tai Chi 12:00-12:45 PM	SS Yoga 12:00-12:45 PM	AOA Cardio & Tai Chi 12:00 PM-1:00 PM	Cardio & Strength 12:00-1:00 PM			<b>New Kensington Branch</b>

- Masks are required during all classes.
- Class sizes are limited for proper social distancing.
- Only Valley Points Family YMCA members are eligible to register at this time.
- Must be at least 12 to participate.
- RESERVATION REQUIRED: Reserve your spot in person, by phone or at [vpfymca.org](http://vpfymca.org) up to two days in advance.
- Classes marked with V can be found live virtually at [Facebook.com/VPFYMCA](https://www.facebook.com/VPFYMCA).

# JANUARY 11-31, 2021

## Moderate-High Intensity Group Ex



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Hooping</b> 9:00-9:45 AM	<b>Yoga</b> 9:00-10:00 AM	<b>Foam Rolling</b> 8:30-9:00 AM		<b>Virtual Cardio Fix</b> 8:00-8:30 AM <b>V</b>
<b>Group Cycling</b> AVB & KVB 9:15-10:05 PM		<b>Group Cycling</b> AVB & KVB 9:15-10:05 PM	<b>Country Heat</b> 9:15-10:05 AM No Class 1/14 <b>V</b>	<b>Group Cycling</b> AVB 9:15-10:05 PM	<b>Yoga</b> 9:00-10:00 AM
<b>Only Valley Points Family YMCA members are eligible to register at this time.</b>	<b>Yoga</b> 12-1 PM	<b>Barre Pilates</b> 10:15 AM No Class 1/13	<b>Virtual classes may be held live &amp; could result in you being in the background.</b>	<b>Upper Lower Core</b> 11:00-11:30 AM <b>V</b>	<b>Group Cycling</b> AVB & KVB 9:15-10:05 PM
	<b>Must be at least 12 to participate.</b>	<b>Masks are required during all classes.</b>		<b>Class sizes are limited for proper social distancing.</b>	<b>Kidding Around Yoga</b> Ages 4-10 11:00-11:45 AM
<b>Virtual Barre Pilates</b> 5:00 PM No Class 1/11 <b>V</b>	<b>Virtual Muscle Max</b> 5:00-5:40 PM <b>V</b>		<b>Kid Fit (Ages 6-10)</b> 5:00-5:30 PM		<b>SUNDAY CLASS</b> <b>Virtual Butts &amp; Guts</b> 8:00-8:45 AM <b>V</b>
<b>Zumba</b> 6:00-7:00 PM	<b>Group Cycling</b> AVB & KVB 6:15-7:05 PM	<b>Turbo Kick</b> 6:00-6:45 PM <b>V</b>	<b>Group Cycling</b> AVB & KVB 6:15-7:05 PM	<b>Allegheny Valley Branch</b> <b>Kiski Valley Branch</b> <b>New Kensington Branch</b> <b>RESERVATION REQUIRED</b> Reserve your spot in person, by phone or at <a href="http://vpfymca.org">vpfymca.org</a> . Class reservation will open two days in advance.	
	<b>Classes marked with <b>V</b> can be found live virtually at <a href="https://www.facebook.com/vpfymca">Facebook.com/vpfymca</a></b>	<b>Zumba</b> 6:00-7:00 PM	<b>Power Sculpt</b> 6:30-7:15 PM		
<b>Full Body Blast</b> 6:30-7:30 PM		<b>Full Body Blast</b> 6:30-7:30 PM	<b>Turbo Kick</b> 6:30-7:15 PM		