

# Valley Points Family YMCA

IF YOU THINK  
YOU CAN  
YOU'RE RIGHT



## November Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Only Valley Points Family YMCA members are eligible to register at this time. Must be at least 12 to participate.</b>	<b>Hooping</b> 9:00-9:45 AM	<b>Group Circuit</b> 8:00-8:50 AM	<b>Foam Rolling</b> 8:30-9:00 AM	<b>Classes marked with V can be found live virtually at Facebook.com/VPFYMCA</b>	
	<b>AOA Cardio &amp; Yoga</b> 10:00-11:00 AM	<b>Yoga</b> 9:00-10:00 AM	<b>Country Heat</b> 9:15-10:05 AM	<b>SS Classic</b> 9:00-9:45 AM	<b>Virtual Cardio Fix</b> 8:00-8:30 AM <b>V</b>
<b>AOA Cardio &amp; Strength</b> 10:15-11:15 AM	<b>AOA Cardio &amp; Balance</b> <b>V</b> 10:00 AM-11:00 AM	<b>Class sizes are limited for proper social distancing.</b>	<b>AOA Cardio &amp; Strength</b> 10:15-11:15 AM	<b>SS Cardio</b> 10:00-10:45 AM	<b>Yoga</b> 9:00-10:00 AM
<b>AOA Cardio &amp; Strength</b> <b>V</b> 10:00 AM-11:00 AM	<b>Yoga</b> 12-1 PM	<b>AOA Cardio &amp; Strength</b> 10:00 AM-11:00 AM	<b>AOA Cardio &amp; Yoga</b> <b>V</b> 10:00 AM-11:00 AM	<b>AOA Cardio &amp; Strength</b> 10:00 AM-11:00 AM	<b>Kidding Around Yoga</b> Ages 4-10 11:00-11:45 AM
<b>Tai Chi</b> 12:00-12:45 PM	<b>SS Yoga</b> 12:00-12:45 PM	<b>AOA Cardio &amp; Tai Chi</b> 12:00 PM-1:00 PM	<b>Masks are required during all classes</b>	<b>Upper Lower Core</b> <b>V</b> 11:00-11:30 AM	<b>SUNDAY CLASS</b> <b>Virtual Butts &amp; Guts</b> 8:00-8:45 AM <b>V</b>
<b>Virtual Yoga</b> <b>V</b> 5:00-6:00 PM	<b>Virtual Muscle Max</b> <b>V</b> 5:00-5:30 PM	<b>Turbo Kick</b> <b>V</b> 6:00-7:00 PM	<b>Kid Fit (Ages 6-10)</b> 5:00-5:30 PM	<b>Allegheny Valley Branch</b> <b>Kiski Valley Branch</b> <b>New Kensington Branch</b> <b>RESERVATION REQUIRED</b>	
<b>Zumba</b> 6:00-7:00 PM	<b>Power Sculpt</b> 6:30-7:15 PM	<b>Zumba</b> 6:00-7:00 PM	<b>Power Sculpt</b> 6:30-7:15 PM	<b>Reserve your spot in person, by phone or at vpfyymca.org. Class reservation will open two days in advance.</b>	
<b>Full Body Blast</b> 6:30-7:30 PM	<b>Hip Hop</b> Ages 8-12 6:00-6:45 PM *1st Tues of Month	<b>Full Body Blast</b> 6:30-7:30 PM	<b>Turbo Kick</b> <b>V</b> 6:30-7:15 PM		