

# Valley Points Family YMCA

IF YOU THINK  
YOU CAN  
YOU'RE RIGHT



## October Group Exercise Schedule

Revised 10.15.2020

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