

Valley Points Family YMCA

IF YOU THINK
YOU CAN
YOU'RE RIGHT



September Group Exercise Schedule

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