

Valley Points Family YMCA

August AM Group Ex Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Group Circuit 8-8:45am @ KVB	Foam Rolling 8:30-9am @ KVB		
Raise the Bar 9:10-10am @ AVB	Cardio HIIT 9:10-10am @ AVB	Raise the Bar 9:10-10am @ AVB	Cardio HIIT 9:10-10am @ AVB	Raise the Bar 9:10-10am @ AVB	
		Flow Yoga 9-10am @ NKB		Flow Yoga 9-10am @ NKB	TRX 8:30-9:20am @ NKB
	Turbo Kick 9:15-10am @ KVB		Country Heat 9:15-10am @ KVB		Turbo Kick 9:30-10:15am @ NKB
	Hooping 9:15-10am @ KVB		Hooping 9:15-10am @ KVB		
1 Minute Drill 10:15-10:45am @ KVB	Core Body HIIT 10:10-10:50am @ AVB		Core Body HIIT 10:10-10:50am @ AVB	Upper Lower Core 10:15-10:45am @ KVB	Yoga 10:30-11:30am @ AVB
	Yoga 12-1pm @ KVB			Yoga 12-1pm @ KVB	
	Yoga 12-1pm @ AVB	\$7 Class Pass Available For Non-Members	Yoga 12-1pm @ AVB		Allegheny Valley Kiski Valley New Kensington

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August PM Group Ex Schedule



Monday	Tuesday	Wednesday	Thursday	
Flow Yoga 5:30-6:30pm @ NKB	Yin Yang Yoga 5:30-6:30pm @ NKB ***Day Change***	Flow Yoga 5:30-6:30pm @ NKB		Allegheny Valley
Ultimate Obstacle 5:30-6pm @ KVB	1 Minute Drill 5:30-6pm @ KVB	Turbo Kick 5:30-6:15pm @ KVB	Upper Lower Core 5:30-6pm @ KVB	Kiski Valley
Zumba 6-7pm @ KVB	Zumba 6-6:50pm @ AVB	Country Heat 6:30-7:15pm @ KVB	Zumba 6-6:50pm @ AVB	New Kensington
Cardio Blast 6:30-7:30pm @ AVB	Power Sculpt 6:30-7:20pm @ AVB	Cardio Blast 6:30-7:30pm @ AVB	Power Sculpt 6:30-7:20pm @ AVB	\$7 Class Pass Available For Non-Members
Full Body Blast 6:45-7:45pm @ NKB	Turbo Kick 6:30-7:15pm @ NKB	Full Body Blast 6:45-7:45pm @ NKB	Turbo Kick 6:30-7:15pm @ NKB	
		Yoga 6:45-7:45pm @ AVB		