

Valley Points Family YMCA

March AM Group Ex Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Group Circuit 8-8:45am @ KVB	Foam Rolling 8:30-9am @ KVB		Full Body Blast 7:15-8:15am @ NKB
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	Yoga 7:30-8:30am @ NKB
	Step N Strength 9:15-10am @ NKB	Flow Yoga 9-10am @ NKB	Step N Strength 9:15-10am @ 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		Kidding Around Yoga (Ages 4-12) 10:15-11am @ KVB *1st & last Sat of each month
1 Minute Drill 10:15-10:45am @ KVB	Core Body HIIT 10:10-10:50am @ AVB		Core Body HIIT 10:30-10:50am @ AVB	Upper Lower Core 10:15-10:45am @ KVB	
	Yoga 12-1pm @ KVB			Yoga 12-1pm @ KVB	Yoga 10:30-11:30am @ AVB
	Yoga 12-1pm @ AVB	\$7 Class Pass Available For Non-Members	Yoga 12-1pm @ AVB		Allegheny Valley Kiski Valley New Kensington

Valley Points Family YMCA

March PM Group Ex Schedule



Monday	Tuesday	Wednesday	Thursday	
Flow Yoga 5:30-6:30pm @ NKB	Yoga 5:30-6:30pm @ AVB	Flow Yoga 5:30-6:30pm @ NKB	Yoga 5:30-6:30pm @ AVB	Allegheny Valley Kiski Valley New Kensington \$7 Class Pass Available For Non-Members
	Zumba 5:45-6:30pm @ NKB		Yin Yang Yoga 5:30-6:30pm @ NKB	
	1 Minute Drill 5:30-6pm @ KVB	Turbo Kick 5:30-6:15pm @ KVB	HIIT 5:30-6pm @ KVB	
Zumba 6-7pm @ KVB	Zumba 6-6:50pm @ AVB	Country Heat 6:30-7:15pm @ KVB	Zumba 6-6:50pm @ AVB	
HIIT 6:15-6:45pm @ KVB				
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	
Full Body Blast 6:45-7:45pm @ NKB	Turbo Kick 6:30-7:15pm @ NKB	Full Body Blast 6:45-7:45pm @ NKB	Insanity 6:30-7:15pm @ NKB	
Yoga 6:45-7:45pm @ AVB		Yoga 6:45-7:45pm @ AVB		