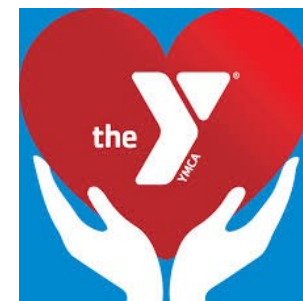


Ligonier Valley YMCA

February 2019



Don't forget to check out our latest TRX class or Kettlebell Class! Stop by the Welcome Center for more details.



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	
Spinning 6-7 AM Cathy	Body Pump 7:30-8:30AM Susan (A)	Spinning 6-7 AM Cathy	Body Pump 7:30-8:30AM Susan (A)	Spinning 6-7 AM Cathy	Spinning 8-8:45A Erica	
Pilates 8:30-9:30a Tracy (D)	Zumba 9:15-10:15a Tracy (A)	Pilates 8:30-9:30a Tracy (D)	Yoga 9:30-10:30AM Danielle (D)	Morning Workout 9:30-10:30a Nancy (A)	Beginner Spinning 9-9:45A Sara	
Morning Workout 9:30-10:30a Nancy (A)	Yoga 9:30-10:30AM Danielle (D)	Morning Workout 9:30-10:30a Nancy (A)			Yoga 9:30-10:30 Danielle (D)	Boot Camp 9:30-10:30 Kalyn (A)
Spinning 4:30-5:30PM Jeff	Beginner Spin 5-5:45p Sara	Barre 5:30-6pm Danielle (D)	HIIT 5:30-6P Judy (D)	Spin 5:30-6:30 Sara	Spinning 4:30-5:30PM Jeff	HIIT 5:30-6P Judy (D)
HIIT 5:30-6PM Judy (D)	Beginner Boot Camp 6-7PM Kalyn (A)	Piyo 6-7PM Danielle (D)		Boot Camp 6-7PM Kalyn (A)	*Schedule is subject to change based on instructor's availability & absence. Please call our Welcome Center for the most updated information —724-238-7580.	
Better Body Boot Camp 6-7pm Kalyn (A)	P90X 7-8PM Amy (A)	Better Body Boot Camp 6-7pm Kalyn (A)	P90X 7-8PM Amy (A)			