



# YMCA at U.S. Steel Tower Group Exercise Schedule Winter 2010

**VALID**  
**12/1/09-**  
**2/28/10**

	MON	TUES	WED	THURS	FRI	SAT
<b>6:00 AM</b>	■6:15-7:15 Strength Spin (S)		■6:30-7:15 AM Spin (S)	■6:30-7:30 Interval Spin (S)		Open from 8:00 AM to 1:00 PM Come see us!
<b>11:00 AM</b>	■11:30-12:30 Pilates (M)	■11:30-12:30 Zumba (G)	■11:30-12:30 Pilates (M)	■11:30-12:30 Cardio Kickboxing (G)	■11:30-12:00 TNT (G)	
		●11:30-12:30 Beginner Yoga (M)		■11:30-12:30 Yoga (M)		
<b>12:00 PM</b>	■12:00-12:45 Lunchtime Spin (S)	■12:00-12:45 Lunchtime Spin (S)	■12:00-12:45 Lunchtime Spin (S)	■12:00-12:45 Lunchtime Spin (S)	■12:00-12:45 Lunchtime Spin (S)	
	■12:00-12:45 50/50 Strength/Cardio (G)	■12:30-1:30 Zumba (G)	■12:00-1:00 Circuit Training (G)		■12:00-1:00 Zumba (G)	
	■12:30-1:30 Pilates (M)	◆12:30-1:30 Advanced Yoga (M)	■12:30-1:30 Pilates (M)	■12:30-1:30 Yoga (M)	■/◆12:00-1:00 Yoga (M)	
	■12:00-12:45 Kinesis Foundation (K)	◆12:00-12:45 Kinesis Emerge (K)		◆12:30-1:15 Kinesis Emerge (K)	●12:00-12:45 Kinesis Experience (K)	
<b>1:00 PM</b>	■1:00-2:00 Bosu (G)		■1:00-1:30 3-2-1 Get Fit (G)		<b>Studio Key:</b> <b>(G) – Group-X Studio</b> <b>(M) – Spirit, Mind, &amp; Body</b> <b>(S) – Spinning Studio</b> <b>(K) – Kinesis Wall</b>  <b>Class Levels:</b> <b>● - Beginner Class</b> <b>■ - Intermediate Class</b> <b>◆ - Advanced Class</b>	
<b>4:00 PM</b>		■4:45-5:45 Yoga (M)				
<b>5:00 PM</b>	■5:30-6:30 PM Spin (S)	■5:00-6:30 Boot Camp + Spin (G/S)	■5:30-6:30 PM Spin (S)	■5:00-6:00 Yoga (M)		
			■5:30-6:30 Pilates (G)	■5:30-6:30 Zumba (G)		

**CALL AHEAD AND RESERVE YOUR PLACE! 412-745-YMCA (SAME DAY ONLY)**

**Classes are subject to change without notice!**

**Please direct all questions to Michelle R. Salo, District Group Exercise Director,  
by calling 412-227-3827 or emailing msalo@ymcapgh.org.**