



WESTERN AREA YMCA
Group Exercise Schedule

412-787-9622

Revised 1/6/10

HOUR	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	Spin 6:00-6:45		Spin 6:00-6:45		Spin 6:00-6:45	
8:30 AM	Silver Sneakers Cardio Circuit 8:30-9:30	Spin 9:00-9:30 Silver Sneakers Cardio Circuit 8:30-9:30	Silver Sneakers Cardio Circuit 8:30-9:30	Spin 9:00-9:30 Silver Sneakers Cardio Circuit 8:30-9:30	Silver Sneakers Cardio Circuit 8:30-9:30	Spin 8:30-9:15
9:15 AM		Pilates Intermediate/Advanced (program fee) 9:30-10:30		Pilates Intermediate/Advanced (program fee) 9:30-10:30		
9:30 AM To 10:00 AM	SS Yoga Stretch 9:30-10:30 20/20/20 9:30-10:30	Boot Camp 101 9:30-10:30	SS Yoga Stretch 9:30-10:30 20/20/20 9:30-10:30	Cardio Kickboxing 9:30-10:30	20/20/20 9:30-10:30	Yoga <i>(Free – no fee)</i> 9:30-10:30
10:30 AM To 12:00 PM	Spin 10:30-11:15 SS Muscular Strength 10:30-11:30	Silver Splash Comfort Suites 10:00 -11:00	Spin 10:30-11:15 SS Muscular Strength 10:30-11:30		Spin 10:30-11:15	Cardio Kickboxing & Spin 10:00-11:30 Zumba 11:00-12:00
6:00 PM	Spin Weight-Loss 6:00-6:45 *Hardcore Boot Camp 6:00-7:00 Power Up! 6:00-7:00	Spin Weight-Loss 5:30-6:15 & 6:30-7:15 Hip-Hop 6:00-7:00 Water Aerobics <i>Comfort Suites</i> 6:00-7:00	Spin 5:30-6:15 & 6:30-7:15 Boot Camp 101 6:00-7:00 Pilates (Free – no fee) 6:00-6:50	Spin 6:00-6:45 Dumbbell Complex 6:00-7:00 Water Aerobics <i>Comfort Suites</i> 6:00-7:00		
7:00 PM	Zumba 7:00-8:00 Pilates Intermediate/Advanced (program fee) 7:00-8:00	Zumba 7:00-8:00 Water Aerobics <i>Comfort Suites</i> 7:00-8:00		Zumba 7:00-8:00 Water Aerobics <i>Comfort Suites</i> 7:00-8:00 Adv. Yoga <i>(program fee)</i> 7:00-8:00		*Must take one session of Boot Camp 101 or get approval of instructor to take Hardcore Boot Camp