



ARMSTRONG COUNTY YMCA BUILDING SCHEDULE

GROUP EXERCISE

December 5 - February 25

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Group Cycling 6:00am - 6:45am	Step/Latin Jam 6:00am - 7:00am	Indoor Group Cycling 6:00am - 6:45am	Step/Latin Jam 6:00am - 7:00am	Indoor Group Cycling 6:00am - 6:45am	
SilverSneakers Cardio Circuit 9:30am - 10:30am	SilverSneakers Cardio Circuit 9:30am-10:30am	SilverSneakers Cardio Circuit 9:30am - 10:30am	SilverSneakers Cardio Circuit 9:30am-10:30am	SilverSneakers Cardio Circuit 9:30am - 10:30am	Cardio/Yoga Combo 8:30am-9:45am
SilverSneakers MSROM 10:45am-11:45am	SilverSneakers Yoga Stretch 10:30am-11:30am	SilverSneakers MSROM 10:45am-11:45am	SilverSneakers Yoga Stretch 10:30am-11:30am	SilverSneakers MSROM 10:45am-11:45am	
	Total Core 5:00pm - 5:45pm		Total Core 5:00pm - 5:45pm		
	Yoga 6:00pm - 7:00pm	Yoga 6:00pm - 7:00pm	Yoga 6:00pm - 7:00pm		