

WEEKDAY SCHEDULE					WEEKEND
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN Lizzie 8-8:45am		SPIN Pete 8-8:45am		SPIN Lizzie 8-8:45am	SPIN Candy 9-9:45am
CARIO BLAST Anita 8:30-9:30am		Y-PUMP Anita 8:30-9:30am	Total Body Conditioning Michaelene 9-10am	RIPPED Maria 9-10am	YOGA Rita 10-11am
Silver Sneakers Anita 10-11am		Silver Sneakers Anita 10-11am		Silver Sneakers Mary 10-11am	
		INSANITY/P90X Candy 5-5:45p	ZUMBA Michaelene 5-6p		
SPIN Michel 5:30-6:15p	SPIN Michaelene 5:15-6p	SPIN Candy 5:15-6p	SPIN Michaelene 5:15-6p	Express SPIN Michel 5:30-6p	
YOGA Rita 6-7p	KICKBOXING Lois 6-7p		POWER WALK Lois 6-7p		
					SUNDAY RIPPED Maria 10:15-11:15am

PRE-REGISTRATION REQUIRED FOR ALL CLASSES

Spin/Silver Sneakers TEXT/CALL 267.625.2302
All other Classes visit our website to pre-register

Class Locations:

Silver Sneakers - GYM

All other classes will take place outside at the PAHS

Spin - Spin Room

Class Size Limits to maintain social distancing:

Gym - 25

Spin - 14

Outdoors - 15

Contact Michaelene Mecadon for any questions! mmecadon@greaterpittstonymca.org

**REMINDER - MASKS MUST BE WORN IN OUR FACILITY BEFORE AND AFTER YOUR WORKOUTS THROUGHOUT OUR FACILITY