

WEEKDAY SCHEDULE					WEEKEND
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN Pete 8-8:45am		SPIN Pete 8-8:45am		SPIN Pete 8-8:45am	SPIN Candy 9-9:45am
CARIO BLAST Anita 8:45-9:45am		Y-PUMP Anita 8:45-9:45am	RIPPED Maria (outside) 9-10am		YOGA Rita (outside) 10-11am
Silver Sneakers Anita 10-11am		Silver Sneakers Anita 10-11am		Silver Sneakers Mary 10-11am	
		INSANITY/P90X Candy 5:15-6p	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 (outside) 5:30-6p	KICKBOXING Lois 6:15-7:15p		POWER WALK Lois 6-7p		

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:

Updated Oct. 14

Gym - All classes except Yoga & RIPPED

PAHS - Yoga & RIPPED

Spin - Spin Room

Class Size Limits to maintain social distancing:

Gym - 24

Spin - 14

Outdoors - 15

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

****REMINDER - MASKS MUST BE WORN THROUGHOUT OUR FACILITY**