

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 9-10am		YOGA Rita 10-11am
Silver Sneakers Anita 10-11am		Silver Sneakers Anita 10-11am		Silver Sneakers Mary 10-11am	
		INSANITY/P90X Candy 5-6p	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 5-6p	CARDIO MIX & STRENGTH Lois 6:15-7:15p		POWER WALK Lois 5:30-6:30p		

**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 11/4/20

**Gym - All classes except SUNDAY RIPPED**

**PAHS - 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](mailto:mmecadon@greaterpittstonymca.org)

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