



724-695-3436  
PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA 15126

**GROUP EXERCISE SCHEDULE 04/03/24**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
				9:30AM Silver Sneakers Kim		
9:30AM Silver Sneakers With Kim	10:30AM Silver Sneakers Zumba Gold Tina	9:30AM Silver Sneakers Kim	10:30AM Silver Sneakers Yoga Tina		10:30am-1:30pm Getty's Elite Martial Arts	
11:00AM Silver Sneakers Classic Chair Tina				11:00AM Silver Sneakers Classic Chair Tina		
5:45PM <b>ABS with Kelly</b>	5:45PM <b>Strength Kelly</b>	5:45PM <b>Spin Kelly</b>	5:45PM <b>Boxing/ABS Kelly</b>			
6:30PM <b>YOGA</b> Rachel			7-8 PM Bob Getty's <b>Martial Arts</b>			

In case of inclement weather, please call to be sure class will be held  
If there is a school closing or delay, there will be no morning group exercise class