



724-695-3436
PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA 15126

GROUP EXERCISE SCHEDULE 01/06/26

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	9:15AM Silver Sneakers Balance Tina			9:30AM Silver Sneakers Kim		
9:30AM Silver Sneakers With Kim	10:15AM 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 ABS with Kelly						
6:30PM Mobility Kelly			7-8 PM Bob Getty's Martial Arts			

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