



724-695-3436

PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA 15126

GROUP EXERCISE SCHEDULE 08/24/22

| <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 Dana | 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 | | |
| 5:00PM ABS with TC TC | 5:30PM Spin Kelly | | 5:00PM Boxing/ABS TC | | | |
| 6:30PM YOGA Rachel | | | 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