



724-695-3436

PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA 15126

GROUP EXERCISE SCHEDULE 08/31/23

<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		
5:00PM ABS with Kelly TC	5:30PM Spin Kelly		5:00PM Boxing/ABS Kelly			
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