



724-695-3436
PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA 15126

GROUP EXERCISE SCHEDULE 12/04/20

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
9:15AM SPIN Dana			9:00AM SPIN Dana	9:30AM Silver Sneakers Classic Tina	10:30AM - 1:30PM Getty's Elite Martial Arts	
10:30AM CLASSIC Dana	10:30AM Silver Sneakers Zumba Gold	10:30AM CLASSIC Dana	10:30AM Silver Sneakers Yoga			
			5:00PM ABS with TC			
5:00PM ABS with TC TC	5:00PM Tune Up Dana	6:00PM Chisel and Sculpt Dawn	6:00PM Cardio Intervals Kim			
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

Sculpt

Full-Body sculpting and core strengthening workout. Dumbbells, bars, and bands are used. Remember to bring water and a towel.