



724-695-3436
PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA

GROUP EXERCISE SCHEDULE 01/05/17

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:15AM SPIN Dana			9:30AM SPIN Dana		8:30 ZUMBA Strength Patty
10:30AM CLASSIC Dana		10:30AM CLASSIC Chrissy		10:30AM CLASSIC Chrissy	
5:00PM ABS with TC TC	5:30PM Tune Up Val		5:00PM ABS with TC TC		
6:30PM YOGA Rachel		6:00PM BOXING Ashlei			

4:30am* - 9pm Mon-Thursday, 4:30am*-8 Friday and 6:30am*- Sat and Sunday. *=with ac

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