



724-695-3436
PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA 15126

GROUP EXERCISE SCHEDULE 1/11/19

<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			9:30AM SPIN Dana		8:00AM COMING SOON Kettlebell Konfusion Dawn	
10:30AM CLASSIC Dana		10:30AM CLASSIC Chrissy		10:30AM CLASSIC Chrissy	9:00AM ZUMBA Strength Patty	
5:00PM ABS with TC TC	5:30PM Tune Up Val		5:00PM ABS with TC TC		<i>restarting in Jan</i> 10AM - 1PM Getty's Elite Martial Arts	
6:30PM YOGA Rachel		6:00PM BOXING Ashlei				

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

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