



724-695-3436  
PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA

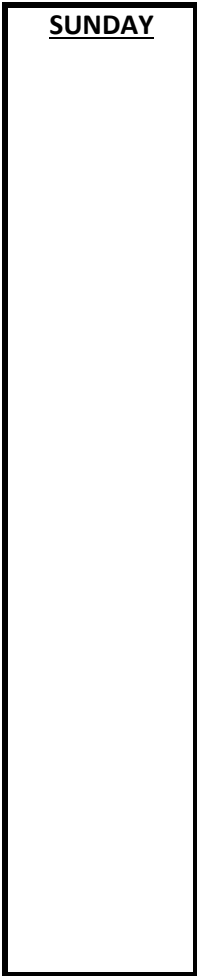
**GROUP EXERCISE SCHEDULE 7/05/17**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:00AM <b>SPIN</b> Dana		9:00AM <b>PIYO</b> Kristin	9:00AM <b>SPIN</b> Dana		8:30 <b>ZUMBA</b> <b>Strength</b> Patty
10:30AM <b>CLASSIC</b> Dana		10:30AM <b>CLASSIC</b> Chrissy		10:30AM <b>CLASSIC</b> Chrissy	
5:00PM <b>ABS with TC</b> TC	5:30PM <b>Tune Up</b> Val		5:00PM <b>ABS with TC</b> TC		
6:15PM <b>SPIN</b> Beth/Carla	6:30PM <b>BOXING</b> Ashlei		5:45PM <b>SPIN</b> Carla		
6:30PM <b>YOGA</b> Rachel		6:00PM <b>6pm Sculpt</b> Dana	6:00PM <b>Kardio</b> <b>Kickboxing</b> Ashlei		
			7:00PM <b>BOXING</b> Ashlei		

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

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

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cess card