



724-695-3436
PaFitnessWest.com

650 Penn Lincoln Plaza, Imperial, PA

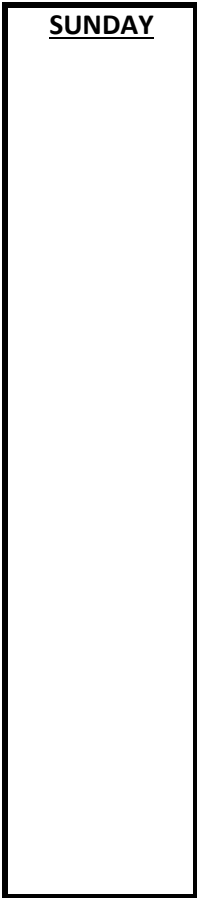
GROUP EXERCISE SCHEDULE 10/12/17

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:00AM SPIN Dana			9:00AM 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	6:30PM BOXING Ashlei		6:00PM Kardio Kickboxing Ashlei		
			7:00PM 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

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