



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

TRI VALLEY YMCA | PHASE 2

MONDAY

9:00 AM | Silver Sneakers w/ Ruby

TUESDAY

9:00 AM | Cardio Pilates w/ Ruby

6:00 PM | Strong Nation w/ Jen

WEDNESDAY

9:00 AM | Silver Sneakers w/ Ruby

THURSDAY

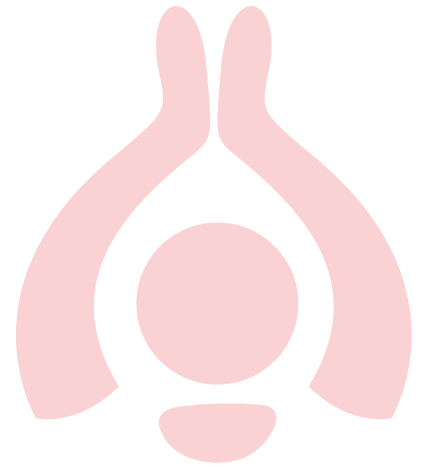
6:00 PM | Yoga w/ Ruby

FRIDAY

9:00 AM | Silver Sneakers w/ Ruby

SATURDAY

9:00 AM | Pound w/ Heather



CLASSES ARE MOVING!

Effective 8/31, all Group Fitness Classes are moving to our
NEW Richmond Program Center located at
14432 Kutztown Road, Fleetwood, PA 19522.