



# GROUP EXERCISE



PITTSBURGH FAMILY YMCA • AUGUST 2025

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 AM	Morning Yoga		Morning Yoga		
8:00 AM	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers
8:15 AM		Mix it Up!		Mix it Up!	
9:00 AM	Aqua Motion I	Aqua Motion I	Aqua Motion I	Aqua Motion I	Aqua Motion I
10:00 AM	Aqua Motion II				Aqua Motion II
12:15 PM		Totally Toned		Totally Toned	
5:00 PM	Stability Ball		Stability Ball		
5:30 PM	Power Pump		Power Pump		