
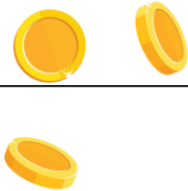
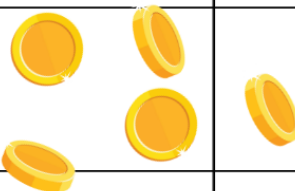






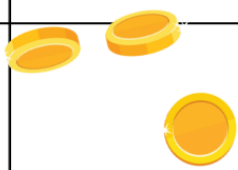
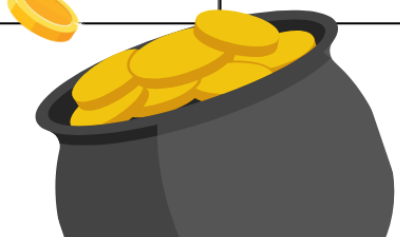


DOWNTOWN BRANCH March Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPRINT 8 CHALLENGE- 5:30am M, W, F CHALLENGE ENDS MARCH 14 					
	\$ 20/20/20 8:30 AM Jen S Group Exercise Studio	\$ YOGA 8:30 AM Jeremy Group Exercise Studio	\$ CARDIO BARRE 8:30 AM Allie Group Exercise Studio	\$PUMPED UP STRENGTH 8:30 AM Allie Group Exercise Studio	
					REBOUNCE 8:30 AM Sheryl Group Exercise Studio
					NEW YOGA 10:00 AM Jeremy Group Exercise Studio
					ZUMBA 11:15 AM LaMonica - Group Exercise Studio
	\$ BODY PUMP 5:30 PM Jen - Group Exercise Studio	NEW AMPD 30 4:30 PM Kyla - Group Exercise Studio			
ZUMBA 5:30 PM Jen - Group Exercise Studio	ZUMBA 5:30 PM Tracy - Multi Purpose Room	\$ CARDIO HIIT 5:30 PM Rosa - Group Exercise Studio	\$ HUMAN REFORMER PILATES 5:30 PM Rosa - Group Exercise Studio		



MEET ME AT

Invite a friend to join & earn rewards!
Invite a friend to visit the Y with you for free!

the **YMCA**



the **YMCA**

MEET ME AT THE Y

The More, the Merrier! Join the Y with a Friend & Get Perks

March 1, 2025 — April 30, 2025

Members who refer a friend to join the YMCA receive a referral bonus.
For every friend who joins, you'll receive one free month of adult membership.
New Members: Get a free Y swag item when you join!

Invite a friend to join & earn rewards!
Invite a friend to visit the Y with you for free!

For more information contact member services at
members@youthymca.org or 412-522-2027

THE MEMBERSHIP OFFICE IS OPEN MONDAY THROUGH FRIDAY, 9 AM TO 5 PM. WE ARE CLOSED ON SATURDAY AND SUNDAY.

