

OF COURSE YOU'VE STILL GOT IT AND

50 MOVING FORWARD™

CAN HELP YOU KEEP IT!



Classes and Events

MAY 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|---|--|--|
| | | | 1 Pickle Ball 9:30-11:30 Ready to be Fit 11am-12pm Offered Weekly | 2 Bokwa Dance 6:30-7:30pm | 3 Pickle Ball 9:30-11:30 Intro to Strength 5:30-6:30pm | 4 Indoor Cycling 7:30 am Walking Group 12:00-1:00pm Pot-luck Picnic 4pm |
| 5 | 6 Aqua Class 5:30-6:30 pm | 7 Aqua Dance 5:30-6:30pm Latin Dance 6-7pm Intro to Strength & Conditioning 6:30-7:30pm | 8 Aqua Class 5:30-6:30 pm Offered Weekly | 9 Tarzan at the Byham 9:15am Bokwa Dance 6:30-7:30pm | 10 Pickle Ball 9:30-11:30 Intro to Strength 5:30-6:30pm | 11 Indoor Cycling 7:30 am Walking Group 12:00-1:00pm |
| 12 | 13 Aqua Class 5:30-6:30 pm | 14 Aqua Dance 5:30-6:30pm Latin Dance 6-7pm Intro to Strength & Conditioning 6:30-7:30pm | 15 Trip to the Aviary 11:30am Moving for Better Balance 6-7pm Offered Weekly | 16 Bokwa Dance 6:30-7:30pm | 17 Pickle Ball 9:30-11:30 Intro to Strength 5:30-6:30pm | 18 Indoor Cycling 7:30 am Walking Group 12:00-1:00pm Walk for a Healthy Community (5K) 9am Stage AE |
| 19 | 20 Aqua Class 5:30-6:30 pm | 21 Aqua Dance 5:30-6:30pm Latin Dance 6-7pm Intro to Strength & Conditioning 6:30-7:30pm | 22 Walking Group 6:30-7:30pm Offered Weekly | 23 Bokwa Dance 6:30-7:30pm | 24 Pickle Ball 9:30-11:30 Intro to Strength 5:30-6:30pm | 25 Indoor Cycling 7:30 am Walking Group 12:00-1:00pm |
| 26 | 27 Aqua Class 5:30-6:30 pm | 28 Aqua Dance 5:30-6:30pm Latin Dance 6-7pm Intro to Strength & Conditioning 6:30-7:30pm | 29 South Side Ride 5:30-7:00 | 30 | | |

KEY

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| Allegheny Y | Penn Hills Y | Thelma Lovette Y | PNC Y |
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