

490 Bessemer Road
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ymcalh.org

The Scoop

YMCA of Laurel Highlands

November 2024

Pickleball hours:
Outside during
business hours
Inside 9:00 - 12:00
M-F
T, Th 5:30 - 7:30p

Upcoming Events:

November 11th - Veteran's Day. We will honor our Vet's with snacks and coffee. We will also have applications for the FayWest Banner Program. Thank you for your service.

November 11th - Pittsburgh Penguin's Hockey Game. Bus leaves at the YMCA at 5:00.

November 23rd - "Friendsgiving," Fun for the kids, 5:00 - 9:00.

December 5th - Light up Night at the YMCA from 6-7pm. Cookie donations are welcome!

December 11th - "Cirque Musica" show at The Palace at 7:30, with dinner at Giannilli's at 5pm.

Other Programs and Fundraisers:

November 9th Dance A Thon, 4:00 - 6:00 in the Gym. Ages 18 and under.

December 4th, Winter Showcase at WCCC.

December 7th, All-Abilities Dance, 4:00 - 6:00.

Check Bulletin Boards or Front Desk for details.

Extra "Fun Days"

Mondays - Y Knot Knit? We meet in the kitchen to knit or crochet, 11:30 - 1:00. We welcome beginners and experts.

Friday, November 1st - Y Not Craft? This month we will hand-knitting a pillow. See bulletin board for details.

Friday, November 8th. Y Knot Knitters will decorate our tree for the DAR Festival of Trees. Meet at the Warden Mansion at 10:00.

Friday, November 15th - Y Not Read? We will discuss "The Chocolate Chip Cookie Murder" then choose a new book for the Holidays!

Friday, November 22nd - Lunch n Learn, 11:30 - 1:00. Aetna Insurance will be our speaker.

Friday, November 29th - After-Turkey-Trot 11:00, Y Not Play 11:30 -1:00 Walk the track and burn off the calories from your Thanksgiving Dinner, then we'll play games.



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GROUP EXERCISE CLASS SCHEDULE- November 2024

DS= Dance Studio

**** = AOA Recommended**

Day	Time	Class Style	Instructor (Sub)
Monday	5:45-6:45am	Muscle Mayhem	Anita/Ashlee
	8:45-9:45am	MIIT	Missy
	9:45-10:30am	**Silver Sneakers Level 2- DS	Joyce
	9:45-10:30am	**Active Adult Level 3	Julie
	10:45-11:30am	**Zumba Gold	Missy
	1:00-1:45pm	**Silver Sneakers Classic Level 1-DS	Joyce
	6:00-7:00pm	Zumba	Janell
Tuesday	5:30-6:30am	YRide- Cycling (Sign-up @ Front Desk)	Debbie
	8:45-9:30am	**Pilates	Tammy
	9:45-10:45am	**Interval: Cardio-Strength-Toning	Tammy
	9:45-10:30am	**Back n' Balance- DS	Joyce
	10:45-11:30am	**Seated Yoga- DS	Joyce
	5:15-6:00pm	YRide-Cycling (Sign-up @ Front Desk)	Annaleta
	6:15-7:15pm	RUMBLE	Emily
Wednesday	5:45-6:45am	Muscle Mayhem	Anita/Ashlee
	8:45-9:45am	TBC (Total Body Conditioning)	Tammy
	9:45-10:30am	**Silver Sneakers Level 2- DS	Missy
	9:45-10:30am	**Active Adult Level 3	Tammy
	10:45-11:30am	** Zumba Gold	Missy
	1:00-1:45pm	**Silver Sneaker Classic Level 1-DS	Phil
	4:30-5:15pm	**Yoga	Angela
	5:30-6:30pm	PiYo Strength	Angela
Thursday	5:30-6:30am	YRide- Cycling (Sign-up @ Front Desk)	Debbie
	8:45-9:30am	**Pilates	Tammy
	9:45-10:30am	**BARRE	Joyce 14 th , 21 st Tammy 7 th
	10:45-11:30am	**Christian Yoga	Joyce 14 th , 21 st Molly 7 th
	6:15-7:15pm	Interval w/ Missy 14 th Zumba Toning w/Emily 7 th , 21 st	
Friday	8:45-9:30am	YRow- Rowing (Sign-up @ Front Desk)	Janet
	8:45am-9:30am	**Zumba Gold	Missy
	9:45-10:30am	**Dance with Phil- Line Dancing	Phil
	9:45-10:30am	**Back n' Balance VIRTUAL- Y 24/7	Joyce
	10:45-11:45am	Step/Kick/Drum	Julie(No class 29 th)
	1:00-1:45pm	Silver Sneakers Classic Level 1- DS	Phil
Saturday	8:15-9:00am	**Yoga	Molly 9 th , 23 rd Joyce 2 nd , 16 th , 30 th
	9:15-10:15am	PiYo Strength	Angela

Class descriptions are posted on the bulletin boards in the loft and in the main hall downstairs
Closed-Thanksgiving--After-Turkey-Trot at 11am –Nov 29th out on the track