JULY GROUP EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room
Cycle/Boot Camp 5:30-6:30 am Danielle/ Michaela	Chair Yoga 7:15-7:45 am Meda		PIYO LIVE 5-5:55 am Mallori										Cycle/Boot Camp 5:30-7 am Jen P.		RIP 30 6:30-7 am Danielle K.		
	Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Liz	Beginning Yoga 8:45-9:25 am Meda		Just for You 9-9:30 am Liz		Silver-Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Jen B.	Yoga 7:30-8:15 am Meda		Just for You 9-9:30 am Shannon		Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Tiffany	RIP 8-8:55 am Gretchen/ Beth		
RIP 9-9:55 am Beth, Jen & Emily	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am Liz	P90X LIVE 9:30-10:30 am Jen P.	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Liz	RIP 9-9:55 am Michaela	PIYO LIVE 9-9:55 am Jen/Diane	Just for You 9:45-10:15 Liz	Cycle/Boot Camp 9:15-10:30 am Candace/ Carol	Silver-Sneaker Classic 9-9:45 am Julia	Just for You 9:45-10:15 am Liz	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany	TURBOKICK LIVE 9-9:55 am Beth	Step Up 9-9:55am Michelle	
Kids Yoga (ages 6 & up) 10:15-10:45 am *NEW*	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Marian		Chair Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	Silver-Sneaker Yoga 10:15-11 am Jen B.	Just for You 10:30- 11 am Liz	Cardio Sculpt 10:45-11:45 am Carol	Silver-Sneaker Yoga 9:45-10:30 am Julia	KIDS (ages 6 & up) Just for You 10:30-11 am	PowerStep/ Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30- 11 am Liz	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Dawn	
Line Dancing 11:15 am-12:45 pm Julia	Silver&Fit Experience 11:15 am-Noon Marion	Just for You 11-11:30 am Liz	Cardio Sculpt 10:45-11:45 am Marion	Silver-Sneaker Circuit 10:30-11:15 Martha		Line Dancing 11:15 am-12:45 pm Julia	Silver-Sneaker Classic 11:15 am-Noon Deb	Just for You 11-11:30 am Liz	Beginner Line Dancing Noon-1:30 pm Marilyn	Silver-Sneaker Circuit 10:30-11:15 am		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am-Noon Deb	Just for You 11:15-11:45am Liz	KIDS (ages 6 & up) Just for You 9:45-10:15 am	Silver-Sneaker Classic 11:15 am-12 pm Becky	
									NEW!! Boxing Fusion5:25-5:55 pm Danielle K.			Zumba Circuit 6-7pm Dawn					
PIYO LIVE 5:30-6:25 pm Amanda	Cross training 530-6:25 pm Jen P.		Pilates Barre Plus **5:30-6:25 pm** Stephanie	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Jen B	Gotta Tabata 5:30-6:40 pm Stacey		Silver-Sneaker Classic 5-5:45pm Nicole	NEW!! H.I.I.T with Yoga 6-6:25 pm Danielle K.	Step Up 5:30-6:25 pm Rhonda							Dance Fitness 5-5:55 pm Shannon
TURBOKICK LIVE 6:30-7:25 pm Beth	Zumba® 6:30-7:25 pm Margarita	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Yoga 6:30-7:30 pm Nancy		Yoga 7:30-8:30 pm Fran	WAR 6-6:55 pm Danielle K./Jen P.	Circuit PLUS 6-6:55 pm Rhonda	Zumba® 6:30-7:30 pm Megan	PIYO LIVE 6:30-7:30 pm Mallori							
								POUND 7-8 pm Michelle *Limited Space									

JULY EVENTS

-Picnic Basket Drawing-Earn a chance to win 1 of 4 baskets with every visit to the Y from July 1st-30th! Winner drawn July 31st!

-Patriotic Pride Day-Wear your red, white and blue for a FREE water on July 3rd.

-Here's the Scoop!-Bruster's ice cream social on Wednesday, July 25th from 4-6 pm in the lobby!

AUGUST GROUP EXERCISE SCHEDULE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room
Cycle/Boot Camp 5:30-6:30 am Danielle/ Michaela	Chair Yoga 7:15-7:45 am Meda												Cycle/Boot Camp 5:30-7 am Jen P.		RIP 30 6:30-7 am Danielle K.		
	Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Liz	Beginning Yoga 8:45-9:25 am Meda		Just for You 9-9:30 am Liz		Silver-Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Jen B.	Yoga 7:30-8:15 am Meda		Just for You 9-9:30 am Shannon		Silver-Sneakers Circuit 8-8:45 am Tiffany	Just for You 9-9:30 am Tiffany	RIP 8-8:55 am Gretchen		
RIP 9-9:55 am Beth, Jen & Emily	Pilates with Props 9-9:55 am Diane	Just for You 9:45-10:15 am Liz	P90X LIVE 9:30-10:30 am Jen P.	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Liz	RIP 9-9:55 am Michaela	PIYO LIVE 9-9:55 am Jen/Diane	Just for You 9:45-10:15 Liz	Cycle/Boot Camp 9:15-10:30 am Candace/ Carol	Silver-Sneaker Classic 9-9:45 am Julia	Just for You 9:45-10:15 am Liz	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany	TURBOKICK LIVE 9-9:55 am Beth	Step Up 9-9:55am Michelle	
R.I.P.P.E.D 10-10:55 am Aug 7 & 21 WAR Aug. 14 & 28 Jen K.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 10:30- 11 am Marian		Chair Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	Silver-Sneaker Yoga 10:15-11 am Jen B.	Just for You 10:30- 11 am Liz	Cardio Sculpt 10:45-11:45 am Carol	Silver-Sneaker Yoga 9:45-10:30 am Julia	KIDS (ages 6 & up) Just for You 10:30-11 am	PowerStep/ Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30- 11 am Liz	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Dawn	
Kids Yoga (ages 6 & up) 11-11:30 am *NEW*	Silver&Fit Experience 11:15 am-Noon Marion	Just for You 11-11:30 am Liz	Cardio Sculpt 10:45-11:45 am Marion	Silver-Sneaker Circuit 10:30-11:15 Martha		Line Dancing 11:15 am-12:45 pm Julia	Silver-Sneaker Classic 11:15 am-Noon Deb	Just for You 11-11:30 am Liz	Beginner Line Dancing Noon-1:30 pm Marilyn	Silver-Sneaker Circuit 10:30-11:15 am		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am-Noon Deb	Just for You 11:15-11:45am Liz	KIDS (ages 6 & up) Just for You 9:45-10:15 am	Silver-Sneaker Classic 11:15 am-12 pm Becky	
Line Dancing 11:30 am-1 pm Julia									NEW!! Boxing Fusion5:25-5:55 pm Danielle K.			Zumba Circuit 6-7pm Dawn					
PIYO LIVE 5:30-6:25 pm Amanda	Cross training 530-6:25 pm Jen P.		Pilates Barre Plus **5:30-6:25 pm** Stephanie	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Jen B			Silver-Sneaker Classic 5-5:45pm Nicole	NEW!! H.I.I.T with Yoga 6-6:25 pm Danielle K.	Step Up 5:30-6:25 pm Rhonda		**OPEN HOUSE WEEK** **August 20TH-26TH** Spend the last week of the summer with us in the Gym, Wellness Center, taking Aerobic classes and more! The Beaver County YMCA is opening their doors to the community!					Dance Fitness 5-5:55 pm Shannon
TURBOKICK LIVE 6:30-7:25 pm Beth	Zumba® 6:30-7:25 pm Margarita	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Yoga 6:30-7:30 pm Nancy		Yoga 7:30-8:30 pm Fran	WAR 6-6:55 pm Danielle K./Jen P.	Circuit PLUS 6-6:55 pm Rhonda	Zumba® 6:30-7:30 pm Megan	PIYO LIVE 6:30-7:30 pm Mallori							NEW!! Boxing Fusion 6-6:30 pm Danielle K