

BEAVER COUNTY YMCA: Small Group Schedule- February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	MX4 (MPR) <small>Gretchen</small>	Butts and Guts (WC) <small>Beth</small>	Tread N Shred (WC) <small>Danielle</small>	Strength Training (WC) <small>Beth</small>	Pilates/Barre (Aerobic Room) <small>Becky</small>		
8:00am						MX4 (MPR) <small>Marisa</small>	
9:00am	Butts and Guts (WC) <small>Beth</small> Beginner Cycle (Cycling Studio) <small>Pamela</small>	Cycling (Cycling Studio) <small>Marian</small>	Beginner Strength (WC) <small>Jamie</small> Beginner Cycle (Cycling Studio) <small>Pamela</small>	Cycling (Cycling Studio) <small>Candace</small>	Butts and Guts (WC) <small>Beth</small>	Cycling (Cycling Studio) <small>Rick</small>	
9:30am						Ride the Wave (Pool) <small>Marisa</small>	
10:00am	Cycling (Cycling Studio) <small>Candace</small>		Cycling (Cycling Studio) <small>Renee</small>		Cycling (Cycling Studio) <small>Marian</small>		
11:30am				Strength and Power (WC) <small>Jamie</small>			
12:15pm	MX4 (MPR) <small>Jamie</small>		MX4 (MPR) <small>Jamie</small>				
1:00pm	Strength and Power (MPR) <small>Jamie</small>						
4:30pm							Strength Training (WC) <small>Shania</small>
5:30pm	Strength Training (WC) <small>Beth</small> Youth Strength (WC) <small>Marisa</small>	Tread N Shred (WC) <small>Marisa</small>	Strength Training (WC) <small>Deidra</small> Youth Strength (WC) <small>Marisa</small>	Beginner Strength (WC) <small>Deidra</small>			
6:00pm				Butts and Guts (WC) <small>Jamie</small>			
6:30pm	Cycling (Cycling Studio) <small>Chris</small>	Strength and Power (WC) <small>Marisa</small> Cycle/Core (Cycle Studio) <small>Danielle</small>	MX4 (MPR) <small>Marisa</small> Cycling (Cycling Studio) <small>Chris</small>	Cycling (Cycling Studio) <small>Rick</small>			

PRE-REGISTRATION REQUIRED!

The cost is as follows:

Member Drop In: \$10 per class (\$2 cycle class) Non-Member Drop In: \$15 per class (\$7 cycle class)

Unlimited Monthly Small Group Classes: \$55 Single Member \$70 Family Non-Member Single \$110

Priority Registration: Small Group members can sign up the 20th of the month prior for classes