

Beaver County YMCA: Small Group Schedule-June 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|--|--|--|---|--|--|---|
| 5:15am | MX4 (MPR) James | Penalty Box Fit (MPR) Marisa | Tread 'N Shred (WC) Marisa | Butts & Guts (WC) Beth | Pilates/Barre (Aerobic Rm) Becky | | |
| 8:00am | | | | | | Ride the Wave (Pool) Marisa | |
| 9:00am | Butts&Guts (WC) Beth Beg. Cycle (Cycle Room) | Beginner Strength (WC) Beth Cycling (Cycle Room) | Upper Body Burn (WC) Jamie Beginner Cycle (Cycle Room) | Cardio & Tone (WC) Jamie Cycling (Cycle Room) | Penalty Box Fit (Aerobic Rm) Jamie | Beg. Cycling (Cycle Room) Rick | |
| 10:00am | Cycling (Cycle Room) Candace | | Cycling (Cycle Room) Renee | Strength & Power (WC) Jamie | Cycling (Cycle Room) | | |
| 12:00pm | MX4 (MPR) Jamie | | | | | | |
| 4:30pm | | | | | | | Penalty Box Fit (Aerobic Rm) Deidra |
| 5:30pm | Strength (WC) Deidra Cycling (Cycle Room) Mandy | Upper Body Burn (WC) Marisa | Strength (WC) Deidra | Beginner Strength (WC) Deidra | | | |
| 6:30pm | Cycling (Cycle Room) Chris | Butts&Guts (WC) Marisa Cycle/Core (Cycle Room) | Penalty Box Fit (MPR) Marisa Cycling (Cycle Room) | Cardio&Tone (WC) Jamie | | | |

Youth Ages 9-14 are welcome to attend all Small Group Classes with an adult

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