

**Beaver County YMCA: Small Group Schedule-May 2019**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>5:15am</b>	<b>MX4 (MPR)</b> Shania	<b>Penalty Box Fit (MPR)</b> Marisa	<b>Tread 'N Shred (WC)</b> Marisa	<b>Butts &amp; Guts (WC)</b> Beth	<b>Pilates/Barre (Aerobic Rm)</b> Becky		
<b>8:00am</b>						<b>Ride the Wave (Pool)</b> Marisa	
<b>9:00am</b>	<b>Butts&amp;Guts (WC)</b> Beth <b>Beg. Cycle (Cycle Room)</b>	<b>Beginner Strength (WC)</b> Beth <b>Cycling (Cycle Room)</b>	<b>Upper Body Burn (WC)</b> Jamie <b>Beginner Cycle (Cycle Room)</b>	<b>Cardio &amp; Tone (WC)</b> Jamie <b>Cycling (Cycle Room)</b>	<b>Butts&amp;Guts (WC)</b> Jamie	<b>Beg. Cycling (Cycle Room)</b> Rick	
<b>10:00am</b>	<b>Cycling (Cycle Room)</b> Candace		<b>Cycling (Cycle Room)</b> Renee	<b>Beginner Strength (WC)</b> Jamie	<b>Penalty Box Fit (MPR)</b> Jamie <b>Cycling (Cycle Room)</b>		
<b>11:00am</b>				<b>Strength &amp; Power (WC)</b> Jamie	<b>Cardio &amp; Tone (WC)</b> Jamie		
<b>12:00pm</b>	<b>MX4 (MPR)</b> Jamie		<b>MX4 (MPR)</b> Jamie				
<b>1:00pm</b>	<b>Strength &amp; Power (MPR)</b> Jamie						
<b>4:30pm</b>							<b>Cardio&amp;Tone (Aerobic Rm)</b> Deidra
<b>5:30pm</b>	<b>Strength (WC)</b> Shania <b>Youth Strength (WC)</b> Marisa	<b>Upper Body Burn (WC)</b> Marisa	<b>Strength (WC)</b> Deidra <b>Youth Strength (WC)</b> Jerrod	<b>Upper Body Burn (WC)</b> Jamie <b>Beg. Strength (WC)</b> Deidra			
<b>6:30pm</b>	<b>Cycling (Cycle Room)</b> Chris	<b>Butts&amp;Guts (WC)</b> Marisa <b>Cycle/Core (Cycle Room)</b>	<b>Penalty Box Fit (MPR)</b> Marisa <b>Cycling (Cycle Room)</b>	<b>Cardio&amp;Tone (WC)</b> Jamie			

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

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