

Beaver County YMCA: Small Group Schedule-September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Penalty Box Fit (Aerobic) Marisa	Strength and Cardio (WC) Marisa	MX4 (MPR) Cycling (Cycle Room) Justin Misty	Butts & Guts (WC) Beth	Pilates/Barre (Aerobic Rm) Becky		
7:00am						Triple A (Aerobic) Cycling (Cycle Room) Diane	
8:00am						Ride the Wave (Pool) Marisa	
9:00am	Butts&Guts (WC) Beg. Cycle (Cycle Room) Beth Pamela	Cardio & Tone (WC) Cycle (Cycle Room) Jamie	Upper Body Burn (WC) Beginner Cycle (Cycle Room) Jamie Pamela	Beginner Strength (WC) Beth	Penalty Box Fit (Aerobic Rm) Beg. Cycling (Cycle Room) Jamie Rick	Heart Rate Extreme (WC) Beg. Cycling (Cycle Room) Marisa Rick	
10:00am	Cycling (Cycle Room) Candace	Strength & Power (WC) Jamie	Cycling (Cycle Room) Renee		Heart Rate Extreme (WC) Cycling (Cycle Room) Jamie Marian		
12:00pm	MX4 (MPR) Justin						
4:30pm							Penalty Box Fit (Aerobic Rm) Chuck
5:30pm	Cardio and Tone (Fitness Studio) Cycling (Cycle Room) Deidra Mandy	Upper Body Burn (WC) Marisa	Heart Rate Extreme (WC) Jamie	Beginner Strength (WC) Deidra			
6:30pm	Strength (WC) Cycling (Cycle Room) Marisa Chris	Butts&Guts (WC) Cycle/Core (Cycle Room) Marisa Danielle	Penalty Box Fit (MPR) Cycling (Cycle Room) Marisa Mandy	Strength and Power (WC) Jamie			

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

