

Beaver County YMCA: Small Group Schedule-April 2019

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

