

BEAVER COUNTY YMCA: Group Exercise Schedule- February AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	P90X LIVE Danielle (Aerobic Room)	TURBOKICK LIVE Gretchen (Aerobic Room)	RIP Gretchen (Aerobic Room) Cycle Misty (Cycle Studio) M:\$2 NM:\$7	WAR Danielle/ Gretchen (Aerobic Room)	FIT Functional Interval Training Danielle (MPR)	
7:00 AM			Chair Yoga (30 min) Kenda (Aerobic Room)			FIT Functional Interval Training Danielle (MPR)
8:00 AM	SilverSneaker Circuit (45 min) Pamela (MPR) Total Aqua Body Amy (Lap Pool-deep end)		SilverSneaker Circuit (45 min) Jen (MPR) Total Aqua Body Sondra (Lap Pool-deep end)		SilverSneaker Circuit (45 min) Pamela (MPR) Total Aqua Body Sondra (Lap Pool-deep end)	RIP Rotation (Aerobic Room)
9:00 AM	RIP Marian (Aerobic Room) Pilates with Props Diane (MPR) Just for You (30 min) Jen (Fitness Studio) Beginner Cycle (30 min) Pamela (Cycle Studio) Hydro Fit Amy (Lap Pool)	P90X Live Jen (Aerobic Room) SilverSneaker Classic (45 min) Deb (MPR) Cycling (45 min) Marian (Cycle Studio) M:\$2 NM:\$7 Just for You (30 min) Pamela (Fitness Studio) Aqua Pilates Jean (Therapy Pool)	PIYO LIVE Diane (Aerobic Room) Speed 45 Jen (MPR) Just for You (30 min) Shannon (Fitness Studio) Beginner Cycle (30 min) Pamela (Cycle Studio) Hydro Fit Sondra (Lap Pool)	TURBOKICK LIVE Beth (Aerobic Room) SilverSneaker Classic (45 min) Rotation (MPR) Cycle (45 min) Candace (Cycle Studio) M:\$2 NM:\$7 Just for You (30 min) Pamela (Fitness Studio) Aqua Pilates Jean (Therapy Pool)	RIP Marian (Aerobic Room) Zumba® Julia (MPR) Just for You (30 min) Pamela (Fitness Studio) Hydro Fit Sondra (Lap Pool)	TURBOKICK LIVE Beth (MPR) Pilates Barre Plus Becky (Aerobic Room) Cycling Rick (Cycle Studio) M:\$2 NM:\$7
10:00 AM	PIYO LIVE (Aerobic Room) Zumba®/Zumba® Toning (MPR) Just for You (30 min) (Fitness Studio) Cycling (Cycle Studio) M:\$2 NM:\$7	Cardio Sculpt Marian (Aerobic Room) Chair Yoga (45 min) Jenn (MPR) Just for You (30 min) Pamela (Fitness Studio)	Pilates Barre Plus (Aerobic Room) Chair Yoga (45 min) (MPR) Just for You (30 min) (Fitness Studio) Cycling (Cycle Studio) M:\$2 NM:\$7	Cardio Sculpt Carol (Aerobic Room) Chair Yoga (45 min) Rotation (MPR) Just for You (30 min) Pamela (Fitness Studio) HydroDance (45 min) Shannon (Lap Pool)	Power Step/ Transform Yoga Carol (Aerobic Room) FIT Functional Interval Training Jen (MPR) Just for You (30 min) Tiffany (Fitness Studio) Cycling Marian (Cycle Studio) M:\$2 NM:\$7	Yoga Rotation (Aerobic Room) Zumba® Megan (MPR) Strong Moms (45 min) Michaela (Fitness Studio)
11:00 AM	Silver&Fit Experience (45 min) Jen (MPR) Just for You (30 min) Pamela (Fitness Studio)	PIYO LIVE Jen/Amanda (Aerobic Room) Balance, Strength & Flexibility (45 min) Pamela (MPR) Breathing and Relaxation (45 min) Jenn (Fitness Studio) SilverSplash Patty (Therapy Pool)	Balance, Strength & Flexibility (45 min) Deb (MPR)	Transform Yoga (30 min) Carol (Aerobic Room) Balance, Strength & Flexibility (45 min) Pamela (MPR) SilverSplash Patty (Therapy Pool)	Silver&Fit Experience (45 min) Deb (MPR)	Line Dancing Blaine (Aerobic Room)
12:00 PM	Line Dancing Julia (Aerobic Room) Balance, Strength & Flexibility Pat (Therapy Pool)	Tai Chi Inspired Class (45 min) Jenn (MPR) Balance, Strength & Flexibility Natalie (Therapy Pool)	Line Dancing Julia (Aerobic Room) Balance, Strength & Flexibility Pat (Therapy Pool)	Balance, Strength & Flexibility Natalie (Therapy Pool)	Line Dancing Marilyn (Aerobic Room) Balance, Strength & Flexibility Bill (Therapy Pool)	