

## BEAVER COUNTY YMCA: Group Exercise Schedule- February PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 PM	<b>Balance, Strength &amp; Flexibility</b> Pat (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> Pat (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> Bill (Therapy Pool)		
2:00 PM		<b>Balance, Strength &amp; Flexibility</b> Denise (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> Denise (Therapy Pool)			
4:30 PM		<b>HOLY Yoga</b> Kenda (Aerobic Room)	<b>Just for You (30 min)</b> Deidra (Fitness Studio)	<b>Just for You (30 min)</b> Deidra (Fitness Studio)			
5:30 PM	<b>RIP</b> Gretchen (Aerobic Room) <b>PIYO LIVE</b> Amanda (MPR)	<b>Pilates Barre Plus</b> Stephanie (Aerobic Room) <b>Step Up</b> Rhonda (MPR)	<b>Beginner PIYO LIVE</b> Jen (Aerobic Room) <b>Tabata</b> Stacey (MPR)	<b>RIP</b> Michaela (Aerobic Room) <b>Step Up</b> Rhonda (MPR)			<b>War</b> Danielle (Aerobic Room)
6:30 PM	<b>Zumba®</b> Margarita (Aerobic Room) <b>TURBO LIVE</b> Beth (MPR) <b>Circuit PLUS</b> Nancy (Fitness Studio) <b>Cycling</b> Chris (Cycle Studio) M:\$2 NM:\$7 <b>Hydro Fit</b> Jody (Lap Pool)	<b>Piloxing</b> Dana (Aerobic Room) <b>Yoga</b> Rita (MPR) <b>Cycle/Core (45 min)</b> Danielle (Cycle Studio) M:\$1 NM:\$3.50	<b>War</b> Danielle (Aerobic Room) <b>Circuit PLUS</b> Corey (Fitness Studio) <b>Cycling</b> Chris (Cycle Studio) M:\$2 NM:\$7	<b>Zumba®</b> Megan (Aerobic Room) <b>Speed 45/Core</b> Danielle (MPR) <b>Cycling</b> Rick (Cycle Studio) M:\$2 NM:\$7			
7:30 PM	<b>Yoga</b> Rotation (Aerobic)		<b>Yoga</b> Rita (MPR)				