

BEAVER COUNTY YMCA: Group Exercise Schedule- January AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	P90X LIVE (Aerobic Room)	TURBOKICK LIVE (Aerobic Room)	RIP (Aerobic Room) Cycle (Cycle Studio) M:\$2 NM:\$7	WAR (Aerobic Room)	FIT Functional Interval Training (MPR)	
7:00 AM			Chair Yoga (Aerobic Room)			FIT Functional Interval Training (MPR)
8:00 AM	SilverSneaker Circuit (MPR) Total Aqua Body (Lap Pool-deep end)		M:\$1 NM:\$3.50		SilverSneaker Circuit (MPR) Total Aqua Body (Lap Pool-deep end)	RIP (Aerobic Room)
9:00 AM	RIP (Aerobic Room) Pilates with Props (MPR) Just for You (Fitness Studio) Beginner Cycle (Cycle Studio) Hydro Fit (Lap Pool)	P90X Live (Aerobic Room) SilverSneaker Classic (MPR) Cycling (Cycle Studio) M:\$2 NM:\$7 Just for You (Fitness Studio) Aqua Pilates (Therapy Pool)	PIYO LIVE (Aerobic Room) Just for You (Fitness Studio) Beginner Cycle (Cycle Studio) Hydro Fit (Lap Pool)	TURBOKICK LIVE (Aerobic Room) SilverSneaker Classic (MPR) Cycle (Cycle Studio) M:\$2 NM:\$7 Just for You (Fitness Studio) Aqua Pilates (Therapy Pool)	RIP (Aerobic Room) Zumba® (MPR) Just for You (Fitness Studio) Hydro Fit (Lap Pool)	TURBOKICK LIVE (MPR) Pilates Barre Plus (Aerobic Room) Cycling (Cycle Studio) M:\$2 NM:\$7
10:00 AM	PIYO LIVE (Aerobic Room) Zumba®/Zumba® Toning (MPR) Just for You (Fitness Studio) Cycling (Cycle Studio) M:\$2 NM:\$7	Cardio Sculpt (Aerobic Room) Chair Yoga (MPR) Just for You (Fitness Studio)	Pilates Barre Plus (Aerobic Room) Chair Yoga (MPR) Just for You (Fitness Studio) Cycling (Cycle Studio) M:\$2 NM:\$7	Cardio Sculpt (Aerobic Room) Chair Yoga (MPR) Just for You (Fitness Studio) HydroDance (Lap Pool)	Power Step/ Transform Yoga (Aerobic Room) FIT Functional Interval Training (MPR) Just for You (Fitness Studio) Cycling (Cycle Studio) M:\$2 NM:\$7	Yoga (Aerobic Room) Zumba® (MPR) Strong Moms (Fitness Studio)
11:00 AM	Silver&Fit Experience (MPR) Just for You (Fitness Studio)	PIYO LIVE (Aerobic Room) Balance, Strength & Flexibility (MPR) Breathing and Relaxation (Fitness Studio) SilverSplash (Therapy Pool)	Balance, Strength & Flexibility (MPR)	Transform Yoga (Aerobic Room) Balance, Strength & Flexibility (MPR) SilverSplash (Therapy Pool)	Silver&Fit Experience (MPR)	Line Dancing (Aerobic Room)
12:00 PM	Line Dancing (Aerobic Room) Balance, Strength & Flexibility (Therapy Pool)	Tai Chi Inspired Class (MPR)	Line Dancing (Aerobic Room) Balance, Strength & Flexibility (Therapy Pool)		Line Dancing (Aerobic Room) Balance, Strength & Flexibility (Therapy Pool)	