

**BEAVER COUNTY YMCA: Group Exercise Schedule- January PM**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1:00 PM</b>	<b>Balance, Strength &amp; Flexibility</b> (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> (Therapy Pool)		
<b>2:00 PM</b>		<b>Balance, Strength &amp; Flexibility</b> (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> (Therapy Pool)			
<b>4:30 PM</b>		<b>HOLY Yoga</b> (Aerobic Room)	<b>Just for You</b> (Fitness Studio)	<b>Just for You</b> (Fitness Studio)			
<b>5:30 PM</b>	<b>RIP</b> (Aerobic Room) <b>PIYO LIVE</b> (MPR)	<b>Pilates Barre Plus</b> (Aerobic Room) <b>Step Up</b> (MPR)	<b>Beginner PIYO LIVE</b> (Aerobic Room) <b>Tabata</b> (MPR) <b>Cycle/Core</b> (Cycle Studio) M:\$1 NM:\$3.50	<b>RIP</b> (Aerobic Room) <b>Step Up</b> (MPR)			<b>War</b> (Aerobic Room)
<b>6:30 PM</b>	<b>Zumba®</b> (Aerobic Room) <b>TURBO LIVE</b> (MPR) <b>Circuit PLUS</b> (Fitness Studio) <b>Cycling</b> (Cycle Studio) M:\$2 NM:\$7 <b>Hydro Fit</b> (Lap Pool)	<b>Piloxing</b> (Aerobic Room) <b>Yoga</b> (MPR) <b>Cycle/Core</b> (Cycle Studio) M:\$1 NM:\$3.50	<b>War</b> (Aerobic Room) <b>Circuit PLUS</b> (Fitness Studio)	<b>Zumba®</b> (Aerobic Room) <b>Speed 45/Core</b> (MPR) <b>Cycling</b> (Cycle Studio) M:\$2 NM:\$7			
<b>7:30 PM</b>			<b>Yoga</b> (MPR)				