

## BEAVER COUNTY YMCA: Group Exercise Schedule- March AM

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