

BEAVER COUNTY YMCA: Group Exercise Schedule- March PM

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