

BEAVER COUNTY YMCA: Group Exercise Schedule- April 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 Jen (Aerobic Room) Step Up Rhonda (MPR)	Tabata Stacey (MPR)	RIP Michaela (Aerobic Room) Step Up Rhonda (MPR) Cycle/Core (45 min) Jen (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 Mandy (Cycle Studio) M:\$2 NM:\$7	PIYO LIVE Danielle/Jen (Aerobic) Zumba® Megan (MPR)			
7:30 PM	Yoga Rotation (Aerobic)		Yoga Rita (MPR)				