

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	<b>P90X LIVE</b> Danielle (Aerobic Room)	<b>TURBOKICK LIVE</b> Gretchen (Aerobic Room)	<b>PIYO LIVE</b> Danielle (Aerobic Room) <b>Cycle</b> Misty (Cycle Studio) M:\$2 NM:\$7	<b>RIP</b> Gretchen (Aerobic Room)	<b>Speed 30/Burn 30</b> Danielle (MPR)	
7:00 AM			<b>Chair Yoga (30 min)</b> Connie (MPR)			<b>FIT (Functional Interval Training)</b> Danielle (MPR)
8:00 AM	<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> Sondra (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)
9:00 AM	<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) Free/Members only <b>Hydro Fit</b> Amy (Lap Pool)	<b>Speed 30/Burn 30</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>P90X LIVE</b> Jen (MPR) <b>Just for You (30 min)</b> Shannon (Fitness Studio) <b>Beginner Cycle (30 min)</b> Pamela (Cycle Studio) Free/Members only <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>FIT</b> Carol/Jen (MPR) <b>Zumba®</b> Julia (Aerobic Room) <b>Beginner Cycle (30 min)</b> Rick (Cycle Studio) <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 with Props</b> Dana (Aerobic Room) <b>Beginner Cycling</b> Rick (Cycle Studio) Free/Members only
10:00 AM	<b>PIYO LIVE</b> Anne (Aerobic Room) <b>Zumba®/Zumba® Toning</b> (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio) <b>Cycling</b> Candace (Cycle Studio) M:\$2 NM:\$7	<b>Cardio Sculpt</b> Marian (Aerobic Room) <b>Chair Yoga (45 min)</b> Jenn (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio)	<b>Pilates Barre Plus</b> Diane(Aerobic Room) <b>Chair Yoga (45 min)</b> Shannon (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio) <b>Cycling</b> Renee (Cycle Studio) M:\$2 NM:\$7	<b>Cardio Sculpt</b> Carol (Aerobic Room) <b>Chair Yoga (45 min)</b> Connie (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio)	<b>Power Step</b> Carol (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)
11:00 AM	<b>Silver&amp;Fit Experience (45 min)</b> Jen (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio)	<b>Balance, Strength &amp; Flexibility (45 min)</b> Pamela (MPR) <b>Transform Yoga</b> Carol (Aerobic Room) <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)
12:00 PM	<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> Bill (Therapy Pool)	

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	<b>P90X LIVE</b> Danielle (Aerobic Room)	<b><u>TURBOKICK LIVE</u></b> Gretchen (Aerobic Room)	<b><u>PIYO LIVE</u></b> Danielle (Aerobic Room) <b><u>Cycle</u></b> Misty (Cycle Studio) M:\$2 NM:\$7	<b>RIP</b> Gretchen (Aerobic Room)	<b><u>Speed 30/Burn 30</u></b> Danielle (MPR)	
7:00 AM			<b>Chair Yoga (30 min)</b> Connie (MPR)			<b><u>FIT (Functional Interval Training)</u></b> Danielle (MPR)
8:00 AM	<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> Sondra (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)
9:00 AM	<b>RIP</b> Marian (Aerobic Room) <b>Pilates with Props</b> Diane (MPR) <b>Just for You (30 min)</b> Shannon (Fitness Studio) <b>Beginner Cycle (30 min)</b> Pamela (Cycle Studio) Free/Members only <b>Hydro Fit</b> Amy (Lap Pool)	<b><u>Speed 30/Burn 30</u></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><u>PIYO LIVE</u></b> Diane (Aerobic Room) <b>P90X LIVE</b> Jen (MPR) <b>Just for You (30 min)</b> (Fitness Studio) <b>Beginner Cycle (30 min)</b> Pamela (Cycle Studio) Free/Members only <b>Hydro Fit</b> Sondra (Lap Pool)	<b><u>TURBOKICK LIVE</u></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><u>FIT</u></b> Carol/Jen (MPR) <b>Beginner Cycle (30 min)</b> Rick (Cycle Studio) <b>Just for You (30 min)</b> Pamela (Fitness Studio) <b>Hydro Fit</b> Sondra (Lap Pool)	<b><u>TURBOKICK LIVE</u></b> Beth (MPR) <b>Pilates with Props</b> Dana (Aerobic Room) <b>Beginner Cycling</b> Rick (Cycle Studio) Free/Members only
10:00 AM	<b><u>PIYO LIVE</u></b> Anne (Aerobic Room) <b>Dance Fitness</b> Shannon (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio) <b>Cycling</b> Candace (Cycle Studio) M:\$2 NM:\$7	<b><u>Cardio Sculpt</u></b> Marian (Aerobic Room) <b>Chair Yoga (45 min)</b> Jenn (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio)	<b><u>Pilates Barre Plus</u></b> Diane(Aerobic Room) <b>Chair Yoga (45 min)</b> Connie (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio) <b>Cycling</b> Renee (Cycle Studio) M:\$2 NM:\$7	<b><u>Cardio Sculpt</u></b> Carol (Aerobic Room) <b>Chair Yoga (45 min)</b> Jenn B. (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio)	<b>Power Step</b> Carol (MPR) <b>Yoga</b> Jenn B. (Aerobic Room) <b>Just for You (30 min)</b> Pamela (Fitness Studio) <b>Cycling</b> Marian (Cycle Studio) M:\$2 NM:\$7	<b><u>Yoga</u></b> Rotation (Aerobic Room) <b>Zumba®</b> Megan (MPR)
11:00 AM	<b>Silver&amp;Fit Experience (45 min)</b> Jen (MPR) <b>Just for You (30 min)</b> Pamela (Fitness Studio)	<b>Balance, Strength &amp; Flexibility (45 min)</b> Pamela (MPR) <b>Transform Yoga</b> Carol (Aerobic Room) <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><u>Transform Yoga</u></b> Carol (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>Silver&amp;Fit Experience (45 min)</b> Deb (MPR)	<b><u>Line Dancing</u></b> Blaine (Aerobic Room)
12:00 PM	<b><u>Line Dancing</u></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><u>Line Dancing</u></b> Julia (Aerobic Room) <b>Balance, Strength &amp; Flexibility</b> Pat (Therapy Pool)	<b>Tai Chi Inspired Class (45 min)</b> Jenn B. (MPR) <b>Balance, Strength &amp; Flexibility</b> Natalie (Therapy Pool)	<b><u>Line Dancing</u></b> Marilyn (Aerobic Room) <b>Balance, Strength &amp; Flexibility</b> Bill (Therapy Pool)	

Underlined classes are youth friendly ages 9-14 with an adult