

BEAVER COUNTY YMCA: Group Exercise Schedule- May 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)			Boot Camp Rotation (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)				

BEAVER COUNTY YMCA: Group Exercise Schedule- June 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			<u>Just for You</u> (30 min) Deidra (Fitness Studio)	<u>Just for You</u> (30 min) Deidra (Fitness Studio)			
5:30 PM	RIP Gretchen (Aerobic Room) <u>PIYO LIVE</u> Amanda (MPR) <u>Cycling (45 min)</u> Mandy (Cycle Studio) M:\$2 NM:\$7	Pilates Barre Plus Jen (Aerobic Room) Step Up Rhonda (MPR)	<u>Tabata</u> Stacey (MPR)	RIP Michaela (Aerobic Room) Step Up Rhonda (MPR)			<u>Boot Camp</u> Rotation (Aerobic Room)
6:30 PM	<u>Zumba®</u> Margarita (Aerobic Room) <u>TURBO LIVE</u> Beth (MPR) <u>Circuit PLUS</u> Nancy (Fitness Studio) <u>Cycling</u> Chris (Cycle Studio) M:\$2 NM:\$7 Hydro Fit Jody (Lap Pool)	<u>Piloxing</u> Dana (Aerobic Room) <u>Yoga</u> Rita (MPR) <u>Cycle/Core (45 min)</u> Danielle (Cycle Studio) M:\$1 NM:\$3.50	<u>War</u> Danielle (Aerobic Room) <u>Circuit PLUS</u> Corey (Fitness Studio) <u>Cycling</u> Mandy (Cycle Studio) M:\$2 NM:\$7	<u>PIYO LIVE</u> Danielle/Jen (Aerobic) <u>Zumba®</u> Megan (MPR)			
7:30 PM	<u>Yoga</u> Rotation (Aerobic)		<u>Yoga</u> Rita (MPR)				

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