

BEAVER COUNTY YMCA: Group Exercise Schedule- May AM

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