

BEAVER COUNTY YMCA: Group Exercise Schedule- June AM

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

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