

**BEAVER COUNTY YMCA: Group Exercise Schedule- June PM**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 PM	<b>Balance, Strength &amp; Flexibility</b> Pat (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> Pat (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> Bill (Therapy Pool)		
2:00 PM		<b>Balance, Strength &amp; Flexibility</b> Denise (Therapy Pool)		<b>Balance, Strength &amp; Flexibility</b> Denise (Therapy Pool)			
4:30 PM			<u><b>Just for You</b></u> <b>(30 min)</b> Deidra (Fitness Studio)	<u><b>Just for You</b></u> <b>(30 min)</b> Deidra (Fitness Studio)			
5:30 PM	<b>RIP</b> Gretchen (Aerobic Room) <u><b>PIYO LIVE</b></u> Amanda (MPR) <u><b>Cycling (45 min)</b></u> Mandy (Cycle Studio) M:\$2 NM:\$7	<b>Pilates Barre Plus</b> Jen (Aerobic Room) <b>Step Up</b> Rhonda (MPR)	<u><b>Tabata</b></u> Stacey (MPR)	<b>RIP</b> Michaela (Aerobic Room) <b>Step Up</b> Rhonda (MPR)			<u><b>Boot Camp</b></u> Rotation (Aerobic Room)
6:30 PM	<u><b>Zumba®</b></u> Margarita (Aerobic Room) <u><b>TURBO LIVE</b></u> Beth (MPR) <u><b>Circuit PLUS</b></u> Nancy (Fitness Studio) <u><b>Cycling</b></u> Chris (Cycle Studio) M:\$2 NM:\$7 <b>Hydro Fit</b> Jody (Lap Pool)	<u><b>Piloxing</b></u> Dana (Aerobic Room) <u><b>Yoga</b></u> Rita (MPR) <u><b>Cycle/Core (45 min)</b></u> Danielle (Cycle Studio) M:\$1 NM:\$3.50	<u><b>War</b></u> Danielle (Aerobic Room) <u><b>Circuit PLUS</b></u> Corey (Fitness Studio) <u><b>Cycling</b></u> Mandy (Cycle Studio) M:\$2 NM:\$7	<u><b>PIYO LIVE</b></u> Danielle/Jen (Aerobic) <u><b>Zumba®</b></u> Megan (MPR)			
7:30 PM	<u><b>Yoga</b></u> Rotation (Aerobic)		<u><b>Yoga</b></u> Rita (MPR)				

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