

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	<b>P90X LIVE</b> Danielle (MPR)	<b>WAR</b> Gretchen (Aerobic Room)	<b>PIYO LIVE</b> Danielle (Aerobic Room) <u>Cycle</u> Misty (Cycle Studio) M:\$2 NM:\$7	<b>RIP</b> Gretchen (Aerobic Room)	<b>P90X LIVE</b> Danielle (MPR)	
7:00 AM			<b>Chair Yoga (30 min)</b> Connie (MPR)			<b>Cycle (45 min)</b> Marian/Susan (Cycle Studio)
8:00 AM	<b>SilverSneaker Circuit (45 min)</b> Liz (MPR) <b>Total Aqua Body</b> Amy (Lap Pool-deep end)		<b>SilverSneaker Circuit (45 min)</b> Liz (MPR) <b>Total Aqua Body</b> Sondra (Lap Pool-deep end)		<b>SilverSneaker Circuit (45 min)</b> Deb (MPR) <b>Total Aqua Body</b> Sondra (Lap Pool-deep end)	<b>RIP</b> Susan/Marian (Aerobic Room) <b>Yoga</b> Rotation (MPR)
9:00 AM	<b>Kettlebells( 45 min)</b> (Aerobic Room) Candace <b>Pilates with Props</b> Diane (MPR) <b>Just for You (30 min)</b> Shannon (Fitness Studio) <b>Beginner Cycle (30 min)</b> Liz (Cycle Studio) Free/Members only <b>Hydro Fit</b> Amy	<b>Speed 30/Burn 30</b> Jen (Aerobic Room) <b>SilverSneaker Classic (45 min)</b> (MPR) <b>Cycling (45 min)</b> Amanda (Cycle Studio) M:\$2 NM:\$7 <b>Just for You (30 min)</b> Lori (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> Liz (Fitness Studio) <b>Beginner Cycle (30 min)</b> Lori (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> Deb (MPR) <b>Cycle (45 min)</b> Candace (Cycle Studio) M:\$2 NM:\$7 <b>Just for You (30 min)</b> Lori (Fitness Studio) <b>Aqua Pilates</b> Jean (Therapy Pool)	<b>FIT</b> Carol/Marian (MPR) <b>Beginner Cycle (30 min)</b> Rick (Cycle Studio) <b>Just for You (30 min)</b> Lori (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>Dance Fitness</b> Shannon (MPR) <b>Just for You (30 min)</b> Lori (Fitness Studio) <b>Cycling</b> Candace (Cycle Studio) M:\$2 NM:\$7	<b>Cardio Sculpt</b> Carol (Aerobic Room) <b>Chair Yoga (45 min)</b> Jenn (MPR) <b>Just for You (30 min)</b> Lori (Fitness Studio)	<b>Pilates Barre Plus</b> Diane (Aerobic Room) <b>Chair Yoga (45 min)</b> Connie (MPR) <b>Just for You (30 min)</b> Lori (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> Jenn B. (MPR) <b>Just for You (30 min)</b> Lori (Fitness Studio)	<b>Power Step</b> Carol (MPR) <b>Yoga</b> Jenn B. (Aerobic Room) <b>Just for You (30 min)</b> Lori (Fitness Studio) <b>Cycling</b> Marian (Cycle Studio) M:\$2 NM:\$7	<b>Zumba®</b> Megan (MPR) <b>Piloxing</b> Dana (Aerobic Room)
11:00 AM	<b>Silver&amp;Fit Experience (45 min)</b> Liz (MPR) <b>Yoga</b> Jenn B. (Aerobic Room) <b>Just for You (30 min)</b> Lori (Fitness Studio)	<b>Balance, Strength &amp; Flexibility (45 min)</b> Liz (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> Lori (Fitness Studio)	<b>Transform Yoga</b> Carol (Aerobic Room) <b>Balance, Strength &amp; Flexibility Circuit (45 min)</b> Lori/Liz (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>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>Tai Chi Inspired Class (45 min)</b> Jenn B. (MPR) <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)	

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