

BEAVER COUNTY YMCA: Group Exercise Schedul- September AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	P90X LIVE Danielle (MPR)	<u>WAR</u> Gretchen (Aerobic Room)	RIP Gretchen (Aerobic Room) <u>Cycle</u> Misty (Cycle Studio) M:\$2 NM:\$7	<u>PIYO LIVE</u> Danielle (Aerobic Room)	<u>Transform</u> <u>LIVE/RIP 30</u> Gretchen (MPR)	
7:00 AM			Chair Yoga (30 min) Connie (MPR)			<u>Cycle (45 min)</u> Marian/Susan (Cycle Studio)
8:00 AM	SilverSneaker Circuit (45 min) (MPR) Jen Total Aqua Body Amy (Lap Pool-deep end)		SilverSneaker Circuit (45 min) (MPR) Connie Total Aqua Body Sondra (Lap Pool-deep end)		SilverSneaker Circuit (45 min) (MPR) Jen Total Aqua Body Sondra (Lap Pool-deep end)	RIP Susan/Marian (Aerobic Room) Yoga Rotation (MPR)
9:00 AM	Kettlebells(45 min) (Aerobic Room) Candace Pilates with Props Diane (MPR) <u>Just for You (30 min)</u> Shannon (Fitness Studio) <u>Beginner Cycle (45 min)</u> Lori (Cycle Studio) Free/Members only Hydro Fit Amy (Lap Pool)	<u>Speed 30/Burn 30</u> Jen (Gym) SilverSneaker Classic (45 min) (MPR) <u>Cycling (45 min)</u> Amanda (Cycle Studio) M:\$2 NM:\$7 <u>Just for You (30 min)</u> Lori (Fitness Studio) Aqua Pilates Jean (Therapy Pool)	<u>PIYO LIVE</u> Diane (Aerobic Room) P90X LIVE Jen (MPR) <u>Just for You (30 min)</u> Tanya (Fitness Studio) <u>Beginner Cycle (45 min)</u> Lori (Cycle Studio) Free/Members only Hydro Fit Sondra (Lap Pool)	<u>TURBOKICK LIVE</u> Beth (Aerobic Room) SilverSneaker Classic (45 min) Deb (MPR) <u>Cycle (45 min)</u> Candace (Cycle Studio) M:\$2 NM:\$7 <u>Just for You (30 min)</u> Lori (Fitness Studio) Aqua Pilates Jean (Therapy Pool)	<u>FIT</u> Marian (MPR) <u>Beginner Cycle (30 min)</u> Lori (Cycle Studio) <u>Just for You (30 min)</u> BJ (Fitness Studio) Hydro Fit Sondra (Lap Pool)	<u>TURBOKICK LIVE</u> Beth (MPR) <u>Pilates with Props</u> Dana (Aerobic Room) <u>Beginner Cycling</u> Rick (Cycle Studio) Free/Members only
10:00 AM	<u>PIYO LIVE</u> Anne (Aerobic Room) <u>Dance Fitness</u> Shannon (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio) <u>Cycling</u> Candace (Cycle Studio) M:\$2 NM:\$7	<u>Cardio Sculpt</u> Carol (Aerobic Room) Chair Yoga (45 min) Jenn (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio)	<u>Pilates Barre Plus</u> Diane(Aerobic Room) Chair Yoga (45 min) Connie (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio) <u>Cycling</u> Renee (Cycle Studio) M:\$2 NM:\$7	<u>Cardio Sculpt</u> Carol (Aerobic Room) Chair Yoga (45 min) Jenn B. (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio)	Power Step Carol (MPR) <u>Yoga</u> Jenn B. (Aerobic Room) <u>Just for You (30 min)</u> Lori (Fitness Studio) <u>Cycling</u> Marian (Cycle Studio) M:\$2 NM:\$7	Zumba® Megan (MPR) Kettlebells (45 minutes) Dana (Aerobic Room)
11:00 AM	Silver&Fit Experience (45 min) BJ (MPR) <u>Yoga</u> Jenn B. (Aerobic Room) <u>Just for You (30 min)</u> Lori (Fitness Studio)	Balance, Strength & Flexibility (45 min) Lori (MPR) <u>Transform Yoga</u> Carol (Aerobic Room) Breathing and Relaxation (45 min) Jenn (Fitness Studio) SilverSplash Patty (Therapy Pool)	Balance, Strength & Flexibility (45 min) Deb (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio)	<u>Transform Yoga</u> Carol (Aerobic Room) Balance, Strength & Flexibility Circuit (45 min) Lori/Liz (MPR) Breathing and Relaxation (45 min) Jenn (Fitness Studio) SilverSplash Patty (Therapy Pool)	Silver&Fit Experience (45 min) Deb (MPR)	
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