

BEAVER COUNTY YMCA: Group Exercise Schedul- September AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	P90X LIVE Danielle (MPR)	WAR Gretchen (Aerobic Room)	RIP Gretchen (Aerobic Room) Cycle Misty (Cycle Studio) M:\$2 NM:\$7	PIYO LIVE Danielle (Aerobic Room)	Transform LIVE/RIP 30 Gretchen (MPR)	
7:00 AM			Chair Yoga (30 min) Connie (MPR)			Cycle (45 min) 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) Just for You (30 min) Shannon (Fitness Studio) Beginner Cycle (45 min) Lori (Cycle Studio) Free/Members only Hydro Fit Amy (Lap Pool)	Speed 30/Burn 30 Jen (Gym) SilverSneaker Classic (45 min) (MPR) Cycling (45 min) Amanda (Cycle Studio) M:\$2 NM:\$7 Just for You (30 min) Lori (Fitness Studio) Aqua Pilates Jean (Therapy Pool)	PIYO LIVE Diane (Aerobic Room) P90X LIVE Jen (MPR) Just for You (30 min) Tanya (Fitness Studio) Beginner Cycle (45 min) Lori (Cycle Studio) Free/Members only Hydro Fit Sondra (Lap Pool)	TURBOKICK LIVE Beth (Aerobic Room) SilverSneaker Classic (45 min) Deb (MPR) Cycle (45 min) Candace (Cycle Studio) M:\$2 NM:\$7 Just for You (30 min) Lori(Fitness Studio) Aqua Pilates Jean (Therapy Pool)	FIT Marian (MPR) Beginner Cycle (30 min) Lori (Cycle Studio) Just for You (30 min) BJ (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) Dance Fitness Shannon (MPR) Just for You (30 min) Lori (Fitness Studio) Cycling Candace (Cycle Studio) M:\$2 NM:\$7	Cardio Sculpt Carol (Aerobic Room) Chair Yoga (45 min) Jenn (MPR) Just for You (30 min) Lori (Fitness Studio)	Pilates Barre Plus Diane(Aerobic Room) Chair Yoga (45 min) Connie (MPR) Just for You (30 min) Lori (Fitness Studio) Cycling Renee (Cycle Studio) M:\$2 NM:\$7	Cardio Sculpt Carol (Aerobic Room) Chair Yoga (45 min) Jenn B. (MPR) Just for You (30 min) Lori (Fitness Studio)	Power Step Carol (MPR) Yoga Jenn B. (Aerobic Room) Just for You (30 min) Lori (Fitness Studio) Cycling 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) Yoga Jenn B. (Aerobic Room) Just for You (30 min) Lori (Fitness Studio)	Balance, Strength & Flexibility (45 min) Lori (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) Lori (Fitness Studio)	Transform Yoga 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	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)	Tai Chi Inspired Class (45 min) Jenn B. (MPR) Balance, Strength & Flexibility Natalie (Therapy Pool)	Line Dancing Marilyn (Aerobic Room) Balance, Strength & Flexibility Bill (Therapy Pool)	

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

BEAVER COUNTY YMCA: Group Exercise Schedule-October AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	P90X LIVE Danielle (MPR)	<u>TURBOLICK LIVE</u> Gretchen (Aerobic Room)	RIP Gretchen (Aerobic Room) <u>Cycle</u> Misty (Cycle Studio) M:\$2 NM:\$7	<u>Cycle Boot Camp</u> Danielle/Jen (Cycle Studio and MPR) FREE and no registration required.	<u>Transform LIVE/RIP 30</u> Gretchen (MPR)	
7:00 AM			Chair Yoga (30 min) Connie (MPR)			<u>Cycle (45 min)</u> 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/Yoga/Core (Cycle 30 min)</u> Amanda (Cycle Studio) M:\$1 NM:\$3.50 <u>Just for You (30 min)</u> Lori (Fitness Studio) Aqua Pilates Jean	<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/Yoga/Core (Cycle 30 min)</u> Candace (Cycle Studio) M:\$1 NM:\$3.50 <u>Just for You (30 min)</u> Lori (Fitness Studio) Aqua Pilates Jean	<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)	<u>Power Step</u> 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	<u>Zumba®</u> Megan (MPR)
11:00 AM	Silver&Fit Experience (45 min) BJ (MPR) <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)	

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