

**BEAVER COUNTY YMCA: Group Exercise Schedule- September 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 (30 min)</b></u> Liz (Fitness Studio)		<u><b>Just for You (30 min)</b></u> Deidra (Fitness Studio) <u><b>TRANSFORM LIVE</b></u> (30 min) Jen (Aerobic Room)	<u><b>Just for You (30 min)</b></u> Deidra (Fitness Studio)			
5:30 PM	<u><b>Speed 30/Burn 30</b></u> Liz (MPR) <u><b>Cycling (45 min)</b></u> Amanda (Cycle Studio) M:\$2 NM:\$7	<b>Pilates Barre Plus</b> Stephanie (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)			
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>Circuit PLUS</b></u> Corey (Fitness Studio) <u><b>WAR</b></u> Danielle (Aerobic Room) <u><b>Cycling</b></u> Mandy (Cycle Studio) M:\$2 NM:\$7	<u><b>Zumba®</b></u> Megan (MPR) <b>Balance, Strength &amp; Flexibility</b> Bill *7-8 pm* (Therapy Pool)			
7:30 PM	<u><b>Yoga</b></u> Rotation (Aerobic)		<u><b>Yoga</b></u> Rita (Aerobic)				

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

## BEAVER COUNTY YMCA: Group Exercise Schedule- October 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)			
3:30 PM				<u>Tai Chi (45 min)</u> Doug (Aerobic Room)			
4:30 PM	<u>Just for You (30 min)</u> Liz (Fitness Studio)		<u>Just for You (30 min)</u> Deidra (Fitness Studio)	<u>Just for You (30 min)</u> Deidra (Fitness Studio)			
5:30 PM	<u>Speed 30/Burn 30</u> Liz (MPR) <u>PIYO LIVE</u> Amanda (Aerobic Room)	<b>Pilates Barre Plus</b> Stephanie (Aerobic Room) <b>Step Up</b> Rhonda (MPR)	<u>Tai Chi (45 min)</u> Doug (Aerobic Room) <u>Tabata</u> Stacey (MPR)	<b>RIP</b> Michaela (Aerobic Room) <b>Step Up</b> Rhonda (MPR)			
6:30 PM	<u>Zumba®</u> Margarita (Aerobic Room) <u>TURBO LIVE</u> Beth (MPR) <u>Circuit PLUS</u> Nancy (Fitness Studio) <u>Cycling</u> Chris (Cycle Studio) M:\$2 NM:\$7 <b>Hydro Fit</b> Jody (Lap Pool)	<u>Piloxing</u> Dana (Aerobic Room) <u>Yoga</u> Rita (MPR) <u>Cycle/Core (45 min)</u> Danielle (Cycle Studio) M:\$1 NM:\$3.50	<u>Circuit PLUS</u> Corey (Fitness Studio) <u>TRANSFORM LIVE (30 min)/Core (15 min)</u> Jen (Aerobic Room) <u>Cycling</u> Mandy (Cycle Studio) M:\$2 NM:\$7	<u>Zumba®</u> Megan (MPR) <b>Balance, Strength &amp; Flexibility</b> Bill *7-8 pm* (Therapy Pool)			
7:30 PM	<u>Yoga</u> Rotation (Aerobic)		<u>Yoga</u> Rita (Aerobic)				

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