

Beaver County YMCA: Small Group Schedule-October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Pedal your Ass-ets (Cycle Studio) Marisa	Strength and Cardio (WC) Marisa	Conditioning (MPR) Tyrone Cycling (Cycle Room) Misty	Butts & Guts (WC) Beth	Pilates/Barre (Aerobic Rm) Becky		
7:00am						Triple A (Aerobic) Diane Cycling (Cycle Room)	
8:00am						Ride the Wave (Pool) Marisa	
9:00am	Butts&Guts (WC) Beth Beg. Cycle (Cycle Room) Pamela	Conditioning (WC) Jamie Cycle/Core (Cycle Room)	Cardio & Tone (WC) Jamie Beginner Cycle (Cycle Room) Pamela	Gluteus Maxout (WC) Marisa Cycle/Core (Cycle Room)	Penalty Box Fit (Aerobic Rm) Jamie Beg. Cycling (Cycle Room) Rick	Beg. Cycling (Cycle Room) Rick	
10:00am	Cycling (Cycle Room) Candace	Strength & Power (WC) Jamie	Cycling (Cycle Room) Renee		Ab MAX (WC) Jamie Cycling (Cycle Room) Marian		
12:00pm	MX4 (MPR) Marisa						
4:30pm							Penalty Box Fit (Aerobic Rm) Chuck
5:30pm	Cardio and Tone (Fitness Studio) Deidra	Upper Body Burn (WC) Marisa	Gluteus Maxout (WC) Jamie	Strength (WC) Deidra			
6:30pm	Women's Strength (WC) Marisa Cycling (Cycle Room) Chris	Butts&Guts (WC) Marisa Cycle/Core (Cycle Room) Danielle	Cycling (Cycle Room) Mandy	Strength and Power (WC) Jamie			
7:00pm			Ride the Wave (MPR) Marisa				