

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	<b>P90X LIVE</b> Danielle (MPR)	<b><u>TURBOKICK LIVE</u></b> Gretchen (Aerobic Room)	<b>RIP</b> Gretchen (Aerobic Room) <b><u>Cycle</u></b> Misty (Cycle Studio) M:\$2 NM:\$7	<b><u>Cycle Boot Camp</u></b> Danielle/Jen (Cycle Studio and MPR) FREE and no registration required.	<b><u>Transform LIVE/RIP 30</u></b> Gretchen - (MPR)	
7:00 AM			<b>Chair Yoga (30 min)</b> Connie (MPR)			<b><u>Cycle (45 min)</u></b> Rotation (Cycle Studio)
8:00 AM	<b>SilverSneaker Circuit (45 min)</b> (MPR) Jen <b>Total Aqua Body</b> Amy (Lap Pool-deep end)		<b>SilverSneaker Circuit (45 min)</b> (MPR) Connie <b>Total Aqua Body</b> Sondra (Lap Pool-deep end)		<b>SilverSneaker Circuit (45 min)</b> (MPR) Jen <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><u>Just for You (30 min)</u></b> Shannon (Fitness Studio) <b><u>Beginner Cycle (45 min)</u></b> Lori (Cycle Studio) Free/Members only <b>Hydro Fit</b> Amy (Lap Pool)	<b><u>Speed 30/Burn 30</u></b> Jen (Gym) <b>SilverSneaker Classic (45 min)</b> (MPR) <b><u>Cycling/Yoga/Core (Cycle 30 min)</u></b> Amanda (Cycle Studio) M:\$1 NM:\$3.50 <b><u>Just for You (30 min)</u></b> Lori (Fitness Studio) <b>Aqua Pilates</b> Jean	<b><u>PIYO LIVE</u></b> Diane (Aerobic Room) <b>P90X LIVE</b> Jen (MPR) <b><u>Just for You (30 min)</u></b> Tanya (Fitness Studio) <b><u>Beginner Cycle (45 min)</u></b> Lori (Cycle Studio) Free/Members only <b>Hydro Fit</b> Sondra (Lap Pool)	<b><u>TURBOKICK LIVE</u></b> Beth (Aerobic Room) <b>SilverSneaker Classic (45 min)</b> Deb (MPR) <b><u>Cycle/Yoga/Core (Cycle 30 min)</u></b> Candace (Cycle Studio) M:\$1 NM:\$3.50 <b><u>Just for You (30 min)</u></b> Lori (Fitness Studio) <b>Aqua Pilates</b> Jean	<b><u>FIT</u></b> Marian (MPR) <b><u>Beginner Cycle (30 min)</u></b> Lori (Cycle Studio) <b><u>Just for You (30 min)</u></b> BJ (Fitness Studio) <b>Hydro Fit</b> Sondra (Lap Pool)	<b><u>TURBOKICK LIVE</u></b> Beth (MPR) <b><u>Pilates with Props</u></b> Dana (Aerobic Room) <b><u>Beginner Cycling</u></b> Rick (Cycle Studio) Free/Members only
10:00 AM	<b><u>PIYO LIVE</u></b> Anne (Aerobic Room) <b><u>Dance Fitness</u></b> Shannon (MPR) <b><u>Just for You (30 min)</u></b> Lori (Fitness Studio) <b><u>Cycling</u></b> Candace (Cycle Studio) M:\$2 NM:\$7	<b><u>Cardio Sculpt</u></b> Carol (Aerobic Room) <b>Chair Yoga (45 min)</b> Jenn (MPR) <b><u>Just for You (30 min)</u></b> Lori (Fitness Studio)	<b><u>Pilates Barre Plus</u></b> Diane (Aerobic Room) <b>Chair Yoga (45 min)</b> Connie (MPR) <b><u>Just for You (30 min)</u></b> Lori (Fitness Studio) <b><u>Cycling</u></b> Renee (Cycle Studio) M:\$2 NM:\$7	<b><u>Cardio Sculpt</u></b> Carol (Aerobic Room) <b>Chair Yoga (45 min)</b> Jenn B. (MPR) <b><u>Just for You (30 min)</u></b> Lori (Fitness Studio)	<b><u>Power Step</u></b> Carol (MPR) <b><u>Yoga</u></b> Jenn B. (Aerobic Room) <b><u>Just for You (30 min)</u></b> Lori (Fitness Studio) <b><u>Cycling</u></b> Marian (Cycle Studio) M:\$2 NM:\$7	<b><u>Zumba®</u></b> Megan (MPR)
11:00 AM	<b>Silver&amp;Fit Experience (45 min)</b> Jen (MPR) <b><u>Just for You (30 min)</u></b> Lori (Fitness Studio)	<b>Balance, Strength &amp; Flexibility (45 min)</b> Lori (MPR) <b><u>Transform Yoga</u></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><u>Just for You (30 min)</u></b> Lori (Fitness Studio)	<b><u>Transform Yoga</u></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)	
12:00 PM	<b><u>Line Dancing</u></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><u>Line Dancing</u></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><u>Line Dancing</u></b> Marilyn (Aerobic Room) <b>Balance, Strength &amp; Flexibility</b> Bill (Therapy Pool)	

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