

BEAVER COUNTY YMCA: Group Exercise Schedule- November PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 PM	Balance, Strength & Flexibility Pat (Therapy Pool)		Balance, Strength & Flexibility Pat (Therapy Pool)		Balance, Strength & Flexibility Bill (Therapy Pool)		
2:00 PM							
3:30 PM				<u>Tai Chi (45 min)</u> Doug (Aerobic Room)			
4:30 PM			<u>Just for You (30 min)</u> Deidra (Fitness Studio)	<u>Just for You (30 min)</u> Deidra (Fitness Studio)			
5:30 PM	RIP Marissa (Aerobic Room) <u>PIYO LIVE</u> Amanda (MPR)	Pilates Barre Plus Stephanie (Aerobic Room) Step Up Rhonda (MPR)	<u>Tai Chi (45 min)</u> Doug (Aerobic Room) <u>Tabata</u> Stacey (MPR)	RIP Marissa (Aerobic Room) Step Up 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 Hydro Fit 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 (Aerobic Room) Balance, Strength & Flexibility Bill *7-8 pm* (Therapy Pool)			
7:30 PM	<u>Yoga</u> Rotation (Aerobic)		<u>Yoga</u> Rita (Aerobic)				

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