

Beaver County YMCA: Small Group Schedule-December 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Pedal and Power (Cycle Studio) Marisa	Strength and Cardio (WC) Chuck	Tread n Shred (MPR) Marisa Cycling (Cycle Room) Misty	Women's Strength (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)	Strength and Cardio (WC) Jamie Beginner Cycle (Cycle Room) Pamela	Gluteus Maxout (WC) Marisa Cycle/Core (Cycle Room)	Agility Ability/Ab MAX (Aerobic Rm) Jamie Beg. Cycling (Cycle Room) Rick	Beg. Cycling (Cycle Room) Rick	
10:00am	Cycling (Cycle Room) Candace		Cycling (Cycle Room) Renee		Cycling (Cycle Room) Marian		
12:00pm	MX4 (MPR) Marisa						
4:30pm							
5:30pm	Strength and Cardio (Fitness Studio) Deidra	Upper Body Burn (WC) Marisa	Strength and Conditioning (WC) Chuck	LIFT (WC) Deidra	HAPPY HOUR Trainers Choice		
6:30pm	Power Stride (WC) Marisa Cycling (Cycle Room) Chris	Butts&Guts (WC) Marisa Cycle/Core (Cycle Room) Danielle	Cycling (Cycle Room) Mandy	Gluteus Maxout (WC) Jamie			
7:00pm			Ride the Wave (Pool) Marisa				