

Beaver County YMCA: Small Group Schedule-January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Pedal and Power (Cycle Studio) Marisa	Strength and Cardio (WC) Chuck	Tread n Shred (MPR) Cycling (Cycle Room) Marisa Misty	Women's Strength (WC) Beth	Pilates/Barre (Aerobic Rm) Becky		
7:00am						Triple A (Aerobic) Cycling (Cycle Room) Diane	
8:00am						Ride the Wave (Pool) Marisa	
9:00am	Butts&Guts (WC) Beg. Cycle (Cycle Room) Beth Pamela	Power Stride (WC) Cycle/Core (Cycle Room) Beth	Strength and Cardio (WC) Beginner Cycle (Cycle Room) Beth Pamela	Gluteus Maxout (WC) Cycle/Core (Cycle Room) Marisa	Agility Ability/Ab MAX (Aerobic Rm) Beg. Cycling (Cycle Room) Chuck Rick	Beg. Cycling (Cycle Room) Rick	
10:00am	Cycling (Cycle Room) Candace		Cycling (Cycle Room) Renee		Cycling (Cycle Room) Marian		
12:00pm							
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 3rd-Deidra 10th Beth 17th Marisa 24th Chuck 31st Jamie		
6:30pm	Power Stride (WC) Cycling (Cycle Room) Jamie Chris	Butts&Guts (WC) Cycle/Core (Cycle Room) Marisa Danielle	Cycling (Cycle Room) Mandy	Gluteus Maxout (WC) Jamie			
7:00pm			Ride the Wave (Pool) Jamie				