

BEAVER COUNTY YMCA: Group Exercise Schedule- March 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)		
4:30 PM	Tai Chi (45 min) Doug (Aerobic Room)		Just for You (30 min) Deidra (Fitness Studio)	Just for You (30 min) Deidra (Fitness Studio)			*4-5 pm 1st Pilates Barre (Becky) 8th Cycling (Rick) 15th Pilates with Props (Dana) 22nd Step Up (Rhonda) 29th Tabata and Core (Stacey) Aerobic Room
5:30 PM	RIP Marissa/Chuck (Aerobic Room) PIYO LIVE Anne (MPR)	Pilates Barre Plus Stephanie (Aerobic Room) Step Up Rhonda (MPR)	Tai Chi (45 min) Doug (Aerobic Room) Tabata Stacey (MPR)	RIP Marissa/Chuck (Aerobic Room) Step Up Rhonda (MPR)			
6:30 PM	Zumba® Margarita (Aerobic Room) TURBO LIVE Beth (MPR) Circuit PLUS Nancy (Fitness Studio) Cycling Chris (Cycle Studio) M:\$2 NM:\$7 Hydro Fit Jody (Lap Pool)	Kickbox and Sculpt Dana (Aerobic Room) Cycle/Core (45 min) Danielle (Cycle Studio) M:\$1 NM:\$3.50	F.I.T. (Functional Interval Training) Corey (MPR) Cycling Mandy (Cycle Studio) M:\$2 NM:\$7	Zumba® Megan (MPR) Pilates Barre Plus Stephanie/ Jen (Aerobic Room) Cycling (45 min) Mandy (Cycle Studio) M:\$2 NM:\$7 Balance, Strength & Flexibility Bill *7-8 pm* (Therapy Pool)			
7:30 PM			Yoga Rita (Aerobic)				

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