

Beaver County YMCA: Small Group Schedule-March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Pedal and Power (Cycle Studio) Marisa	Butts and Guts (WC) Beth	Tread n Shred (MPR) Cycling (Cycle Room) Marisa Misty	Strength Training (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 Lori	Strength and Cardio (WC) Cycle/Core (Cycle Room) Beth	Upper Body Burn (WC) Beginner Cycle (Cycle Room) Jamie Lori	Gluteus Maxout (WC) Cycle/Core (Cycle Room) Jamie	Bands, Balls & Bells (Aerobic Rm) Beg. Cycling (Cycle Room) Chuck Lori	Beg. Cycling (Cycle Room) Rick	
10:00am	Cycling (Cycle Room) Renee		Cycling (Cycle Room) Danielle		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 6th Beth 13th Becky 20th Marisa 27th Jamie		
6:30pm	Bands, Balls & Bells (WC) Cycling (Cycle Room) Chuck Chris	Butts&Guts (WC) Cycle/Core (Cycle Room) Marisa Danielle	Cycling (Cycle Room) Mandy	Gluteus Maxout (WC) Chuck			
7:00pm			Ride the Wave (Pool) Jamie				