

BEAVER COUNTY YMCA: Group Exercise Schedule-March AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	<u>Circuit Plus</u> Gretchen (Fitness Studio)	<u>TURBOLICK LIVE</u> Gretchen (Aerobic Room)	<u>RIP</u> Gretchen (Aerobic Room) <u>Cycle</u> Misty (Cycle Studio) M:\$2 NM:\$7	<u>WAR/CORE</u> Danielle & Jen (Aerobic Room)	<u>Transform</u> <u>LIVE/RIP 30</u> Gretchen (MPR)	
7:00 AM						<u>Cycle (45 min)</u> 7th & 28th Susan 14th & 21st Michelle (Cycle Studio)
8:00 AM	<u>SilverSneaker Circuit (45 min)</u> (MPR) Jen <u>Total Aqua Body</u> Amy (Lap Pool-deep end)		<u>SilverSneaker Circuit (45 min)</u> (MPR) Jen <u>Total Aqua Body</u> Sondra (Lap Pool-deep end)		<u>SilverSneaker Circuit (45 min)</u> (MPR) Jen <u>Total Aqua Body</u> Sondra (Lap Pool-deep end)	<u>RIP</u> 7th & 28th Susan 14th Michelle 21st Jamie (Aerobic Room)
9:00 AM	<u>RIP</u> (Aerobic Room) Jen & Danielle <u>Pilates with Props</u> Diane (MPR) <u>Just for You (30 min)</u> Shannon (Fitness Studio) <u>Beginner Cycle (45 min)</u> Lori (Cycle Studio) Free/Members only <u>Hydro Fit</u> Amy (Lap Pool)	<u>Speed 30/Burn 30</u> Jen (Gym) <u>SilverSneaker Classic (45 min)</u> (MPR) <u>Cycling/Yoga/Core (Cycle 30 min)</u> (Cycle Studio) Amanda M:\$1 NM:\$3.50 <u>Just for You (30 min)</u> Lori (Fitness Studio) <u>Aqua Pilates</u> Jean (Therapy Pool)	<u>PIYO LIVE</u> Diane (Aerobic Room) <u>P90X LIVE</u> Jen (MPR) <u>Just for You (30 min)</u> Tanya (Fitness Studio) <u>Beginner Cycle (45 min)</u> Lori (Cycle Studio) Free/Members only <u>Hydro Fit</u> Sondra (Lap Pool)	<u>TURBOKICK LIVE</u> Beth (Aerobic Room) <u>SilverSneaker Classic (45 min)</u> Deb (MPR) <u>Cycle/Yoga/Core (45 min total)</u> Carol (Cycle Studio) M:\$1 NM:\$3.50 <u>Just for You (30 min)</u> Lori (Fitness Studio) <u>Aqua Pilates</u> Jean (Therapy Pool)	<u>FIT</u> (MPR) <u>Beginner Cycle (30 min)</u> Lori (Cycle Studio) <u>Just for You (30 min)</u> BJ (Fitness Studio) <u>Hydro Fit</u> Sondra (Lap Pool)	<u>TURBOKICK LIVE</u> Michelle (MPR) <u>Pilates with Props</u> Dana (Aerobic Room) <u>Beginner Cycling</u> Rick (Cycle Studio) Free/Members only
10:00 AM	<u>PIYO LIVE</u> Amanda (Aerobic Room) <u>Dance Fitness</u> Shannon (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio) <u>Cycling</u> Renee (Cycle Studio) 10-10:30 am Cardio Climb 10:30-11am Speed Intervals M:\$1 NM:\$3.50 each class	<u>Cardio Sculpt</u> Carol (Aerobic Room) <u>Chair Yoga (45 min)</u> Jenn (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio)	<u>Pilates Barre Plus</u> Diane (Aerobic Room) <u>Chair Yoga (45 min)</u> Ashley (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio) <u>Cycling(45 min)</u> Danielle (Cycle Studio) M:\$2 NM:\$7	<u>Cardio Sculpt</u> Carol (Aerobic Room) <u>Chair Yoga (45 min)</u> Jenn B. (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio)	<u>Power Step</u> Carol (MPR) <u>Yoga</u> Jenn B. (Aerobic Room) <u>Just for You (30 min)</u> Lori (Fitness Studio) <u>Cycling</u> (Cycle Studio) M:\$2 NM:\$7	<u>Zumba®</u> Megan (MPR) <u>Yoga</u> (Aerobic Room) 7th Dana 14th Rita 21st Rita 28th Lindsay
11:00 AM	<u>Silver&Fit Experience (45 min)</u> BJ (MPR) <u>Yoga</u> Jenn B. (Aerobic Room) <u>Just for You (30 min)</u> Lori (Fitness Studio)	<u>Balance, Strength & Flexibility (45 min)</u> Lori (MPR) <u>Transform Yoga</u> Carol (Aerobic Room) <u>Breathing and Relaxation (45 min)</u> Jenn (Fitness Studio) <u>SilverSplash</u> Patty (Therapy Pool)	<u>Balance, Strength & Flexibility (45 min)</u> Deb (MPR) <u>Just for You (30 min)</u> Lori (Fitness Studio)	<u>Transform Yoga</u> Carol (Aerobic Room) <u>Balance, Strength & Flexibility Circuit (45 min)</u> Lori/Liz (MPR) <u>Breathing and Relaxation (45 min)</u> Jenn (Fitness Studio) <u>SilverSplash</u> Patty (Therapy Pool)	<u>Silver&Fit Experience (45 min)</u> Deb (MPR) <u>Just for You (30 min)</u> Lori	
12:00 PM	<u>Line Dancing</u> Julia (Aerobic Room) <u>Balance, Strength & Flexibility</u> Pat (Therapy Pool)	<u>Tai Chi Inspired Class (45 min)</u> Jenn (MPR) <u>Balance, Strength & Flexibility</u> Natalie (Therapy Pool)	<u>Line Dancing</u> Julia (Aerobic Room) <u>Balance, Strength & Flexibility</u> Pat (Therapy Pool)	<u>Tai Chi Inspired Class (45 min)</u> Jenn B. (MPR) <u>Balance, Strength & Flexibility</u> Natalie (Therapy Pool)	<u>Line Dancing</u> Marilyn (Aerobic Room) <u>Balance, Strength & Flexibility</u> Bill (Therapy Pool)	

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