

# GROUP EXERCISE CLASSES

## MARCH

Beaver County YMCA



### Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

5:15-6:15AM  
**CYCLE**  
Jen B  
Cycling Studio

5:15-6:15AM  
**Cross Training**  
Jen H  
MPR

5:15-6:15AM  
**CYCLE**  
Misty  
Cycling Studio

9:00-10:00AM  
**MX4 Stations**  
Jamie  
MPR

5:30-6:00AM  
**Sprint 8**  
Jen H  
Cycling Studio

8:00-9:00AM  
**CYCLE**  
Judi  
Cycling Studio

9:00-10:00AM  
**Barre**  
Diane  
AR

9:00-10:00AM  
**HIIT & Flow**  
Amanda  
AR

8:30-9:00AM  
**Supersets**  
Diane  
AR

10:00-11:00AM  
**Yoga**  
Dani  
AR

9:00-10:00AM  
**Instructor's Choice**  
Marion  
MPR

8:30-9:30AM  
**FIT**  
Jen H & Danielle  
MPR

5:15-6:15PM  
**Cardio & Core**  
Stacey  
MPR

9:00-9:30AM  
**Beginner CYCLE**  
Pam/Lori  
Cycling Studio

9:00-10:00AM  
**PIYO**  
Diane  
AR

5:00-6:00PM  
**Barre**  
Jen H  
AR

9:00-10:00AM  
**PIYO**  
Diane  
AR

9:30-10:00AM  
**ABS**  
Jen H  
MPR

6:15-7:15PM  
**CYCLE**  
Chris  
Cycling Studio

11:00-11:45AM  
**Parkinson's CYCLE**  
Mandy  
Cycling Studio

9:00-10:00AM  
**CYCLE**  
Mandy  
Cycling Studio

5:15-6:15PM  
**Tabata-Step-Core**  
Stacey  
MPR

4:30-5:15PM  
**Senior Stations**  
Lori  
MPR

10:15-11:15AM  
**Zumba**  
Megan  
MPR

6:00-7:00PM  
**Tai Chi**  
Doug  
AR

5:15-6:15PM  
**Step Up**  
Rhonda  
MPR

5:15-6:15PM  
**Abs & More**  
Stacey  
AR

5:30-6:30PM  
**CYCLE**  
Hayley  
Cycling Studio

11:00A-12:00P  
**Tai Chi**  
Doug  
AR

6:30-7:30PM  
**Strength & Sculpt**  
Mandy  
MPR

6:00-7:00PM  
**CYCLE**  
Danielle  
Cycling Studio

5:30-6:30PM  
**WAR**  
Danielle  
MPR

6:00-7:00PM  
**Cross Training**  
Jamie  
Track

6:30-7:30PM  
**Yoga**  
Rita  
YMCA Commons

6:30-7:30PM  
**Zumba**  
Joelle  
MPR

6:30-7:30PM  
**Circuit**  
Nancy  
FS

6:30-7:30PM  
**Zumba**  
Megan  
MPR

6:30-7:30PM  
**Yoga**  
Rita  
AR

**Key**  
AR - Aerobic Room  
MPR - Multi-Purpose Room  
FS - Fitness Studio