

# GROUP EXERCISE CLASSES

# SEPTEMBER

Beaver County YMCA



## Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

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

5:15-6:15AM  
**Barre**  
Jen H  
AR

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

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

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

9:00-10:00AM  
**RIP**  
Dana  
AR

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

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

8:25-8:55AM  
**Supersets**  
Diane  
AR

6:00-7:00A  
**Yoga**  
Rita  
AR

6:00-6:15AM  
**Abs & Active Recovery**  
Jen H  
MPR

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

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

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

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

9:15-10:00AM  
**7 minute circuits**  
Mandy  
WC

9:00-10:00AM  
**RIP**  
Marion  
MPR

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

5:15-6:15PM  
**HIIT the Step**  
Stacey  
MPR

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

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

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

10:00-11:00AM  
**Penalty Box**  
Jamie  
AR

9:00-10:00AM  
**September 23rd ONLY**  
**Yoga in the Park**  
Rita  
Brady's Run Walking Trail

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

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

10:00-11:00AM  
**Active Stretch**  
Jamie  
WC

5:30-6:30PM  
**CYCLE**  
Jen/Fran  
Cycling Studio

**POP UP**  
**Beginner's Step Class**  
9/16/2023  
11:30AM-12:30PM  
Rhonda

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

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

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

**We will be closed on Monday 9/4 for Labor Day**

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

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

6:00-7:00PM  
**CYCLE**  
Jen B  
Cycling Studio

**Key**  
AR - Aerobic Room  
MPR- Multi-Purpose Room  
FS - Fitness Studio  
WC=Wellness Center

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

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