

GROUP EXERCISE CLASSES

NOVEMBER

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

8:00A-9:00A
CYCLE
Rotation
Cycling Studio

9:00-10:00AM
Barre
Diane
AR

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

8:25-8:55AM
Supersets
Diane
AR

6:00-6:45A
Yoga
Rita
AR

6:00-6:30AM
Abs & Active
Recovery
Jen H
MPR

9:00-10:00AM
RIP
Dana
MPR

5:00-6:00PM
Strength & Sculpt
Tanya
AR

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

9:00-10:00AM
PIYO
Diane
AR

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

9:00-10:00AM
RIP
Marion
MPR

10:15-11:15AM
Zumba
Megan
MPR

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

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

2:25-3:25PM
Water Tai Chi
Doug
POOL

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

9:00-10:00AM
RIP
Marion
MPR

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

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

6:00-7:00PM
CYCLE/CORE
& MORE
Danielle
Cycling Studio

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

6:30-7:30PM
Zumba
Megan
MPR

9:00-10:00AM
RIP
Marion
MPR

12:05-1:05P
Water Tai Chi
Doug
POOL

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

6:15-7:15PM
Pilates Sculpt
Dana
FS

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

We will be closed on Thursday 11/23/2023 for Thanksgiving!

9:00-10:00AM
RIP
Marion
MPR

12:05-1:05P
Water Tai Chi
Doug
POOL

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

6:30-7:30PM
Zumba
Joelle
MPR

6:30-7:30PM
Circuit
Nancy
FS

9:00-10:00AM
RIP
Marion
MPR

12:05-1:05P
Water Tai Chi
Doug
POOL

POP UP
Wednesday Night Zumba
7:30pm
Wednesday 11/15

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