

# GROUP EXERCISE CLASSES

# April

## Beaver County YMCA



### Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

5:15-6:15AM  
**CYCLE**  
Jen B  
CS

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

5:15-6:15AM  
**CYCLE**  
Misty  
CS

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

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

7:30-8:45AM  
**CYCLE BOOTCAMP**  
Jen/Danielle  
CS/MPR

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

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

9:15-10:00AM  
**Sprint 8 PLUS**  
Mandy  
CS

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

6:00-6:30AM  
**Core & More**  
Jen H  
MPR

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

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

9:00-9:30AM  
**Beginner CYCLE**  
Judi  
CS

9:30-10:30AM  
**Stretch and Strengthen**  
Morgan  
AR

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

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

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

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

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

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

5:30-6:30 PM  
**CYCLE**  
Francesca  
CS

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

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

6:15-7:15PM  
**CYCLE**  
Chris  
CS

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

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

5:15-6:15PM  
**Yoga**  
Rita  
YMCA Commons

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

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

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

6:30-7:30PM  
**Pilates Sculpt**  
Dana  
MPR

6:15-6:45PM  
**Sprint 8**  
Jen B  
CS

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

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

7:30-8:30 PM  
**Zumba**  
Joelle  
MPR

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