

# GROUP EXERCISE CLASSES

# JULY

Beaver County YMCA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15AM <b>CYCLE</b> Jen B CS	5:15-6:15AM <b>Barre</b> Jen H AR	5:15-6:15AM <b>CYCLE</b> Jen H CS	5:15-6:15AM <b>Cross Training</b> Jen H WC	5:30-6AM <b>Sprint 8</b> Jen H CS	9-10AM <b>RIP</b> (6th & 20th) Dana
9-10AM <b>Barre</b> Diane AR	6:30-7:15AM <b>Dance Cardio</b> Danielle AR	8:25-8:55AM <b>Supersets</b> Diane AR	9:15-10AM <b>7 minute circuits</b> Mandy MPR	6:00-6:30AM <b>Core &amp; More</b> Jen H MPR	<b>Bootcamp</b> (13th & 27th) Eli MPR
5:15-6:15PM <b>HIIT the Step</b> Stacey MPR	9-10AM <b>Cardio Strength &amp; Stretch</b> Amanda AR	9-10AM <b>PIYO</b> Diane AR	4:15-5PM <b>Strength &amp; Resistance Training</b> Nadine AR	9:00-10:00AM <b>RIP</b> Marion MPR	10:15-11:15AM <b>Zumba</b> Annie MPR
6-7PM <b>Tai Chi</b> Doug AR	9:00-9:30AM <b>Beginner CYCLE</b> Judi CS	9:15-10AM <b>CYCLE</b> Mandy CS	5:15-6:15PM <b>Step Up</b> Rhonda MPR	10:00-11:00AM <b>Power Yoga</b> Morgan AR	11-12PM <b>Tai Chi</b> Doug AR
6:15-7:15PM <b>CYCLE</b> Chris CS	5:15-6:15PM <b>Step Up</b> Rhonda MPR	5:15-6:15PM <b>Core &amp; More</b> Stacey MPR	5:30-6:30 PM <b>CYCLE</b> Francesca CS		12:05-1:05PM <b>Water Tai Chi</b> Doug POOL
6:30-7:30PM <b>Yoga</b> Rita MPR	6:30-7:30PM <b>Zumba</b> Joelle MPR	6:30-7:30PM <b>Circuit</b> Nancy FS	5:15-6PM <b>Yoga</b> Rita AR		
			6:30-7:30PM <b>Zumba</b> Annie MPR		

**Key**  
 WC=Wellness Center  
 CS= Cycling  
 AR= Aerobic Room  
 FS= Fitness Studio  
 MPR= Multipurpose Room