

Group Exercise Classes

SEPTEMBER

Beaver County YMCA



MONDAY

**5:15AM
CYCLE**
Jen B (CS)

**9AM
Barre**
Diane (AR)

**5:15PM
HITT the Step**
Stacey (MPR)

**6PM
Tai Chi**
Doug (AR)

**6:15PM
CYCLE**
Chris (CS)

**6:30PM
Yoga**
Rita (Commons)

TUESDAY

**8AM
Ballet Body
Sculpt**
Nadine (AR)

**9AM
Cardio,
Strength &
Stretch**
Amanda (AR)

**9-9:30AM
Beginner CYCLE**
Judi (CS)

**5:15PM
STEP UP**
Rhonda (MPR)

**6:30-7:15PM
DANCE CARDIO**
Danielle (MPR)

WEDNESDAY

**5:15AM
CYCLE**
Jen H (CS)

**8:25-8:55AM
Supersets & 9AM
PIYO**
Diane (AR)

**9:15-10AM
CYCLE**
Mandy (CS)

**2:25PM
Water Tai Chi**
Doug (Pool)

**5:15PM
Core & More**
Stacey (MPR)

**6:15PM
CYCLE**
Jen B (CS)

**6:30PM
Circuit**
Nancy (FS)

THURSDAY

**5:15-6:15AM
Cross Training**
Jen (MPR)

**9:15-10AM
7 MIN Circuit**
Mandy (MPR)

**5:15PM
Yoga**
Rita (Commons)

**5:15PM
STEP UP**
Rhonda (MPR)

**6-6:45PM
CYCLE**
Danielle (CS)

**6:30PM
Zumba**
Megan (MPR)

FRIDAY

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

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

**9AM
RIP**
Marion (MPR)

**10AM
Power Yoga**
Morgan (AR)

**5:15PM
Zumba**
Annie (MPR)

SATURDAY

**9AM
RIP (7th & 21st)**
Dana (MPR)

**10:15AM
Zumba**
Megan (MPR)

**11AM
Tai Chi**
Doug (AR)

**12:05PM
Water Tai Chi**
Doug

ALL CLASSES ARE 1
HOUR UNLESS
OTHERWISE NOTED

KEY

MPR=Multi-Purpose
Room

AR=Aerobic Room

CS=Cycling Studio

FS=Fitness Studio

Cider, Circuit & Yoga

5:30-7:30PM

SEPT 12th -- Brady's Run Park