

Group Exercise Classes

October 2026

Beaver County YMCA



ALL CLASSES ARE
1 HOUR UNLESS
OTHERWISE NOTED

MON

5:15AM
HIIT CYCLE
Jen B (CS)
Register-Paid

8AM & 9AM
Hydrofit**

9:15AM
SPIN STRONG
Kylie (CS & MPR)
Register only

5:15PM
Yoga Fit
Stacey (MPR)

6PM Tai Chi
Doug (AR)

6-6:45PM
Youth Matial Arts
Terry (FS)

6:15PM CYCLE
Chris (CS)
Register-Paid

6:30PM
Mixxed Fit Dance
Megan & Danielle
(MPR)

6:45-7:45PM
Teen/Adult
Martial Arts
Terry (AR)

6:45-7:45PM
Couple's Partner
Workout
Kristi (FS)

TUES

5:15-6AM
Tone & Sculpt
Gretchen (AR)

9AM
Cardio, Strength &
Stretch
Amanda (MPR)

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

12-1
Water Walking**

5:15PM
HIIT The Step
Stacey (MPR)

5:30PM
Praise Fitness
Megan C. (AR)

6:15PM
Hydrofit**
Nancy

6:30PM ZUMBA
Joelle (MPR)

WED

5:15AM CYCLE
Register Paid
Jen H (CS)

8AM & 9AM
Hydrofit**

9AM
PIYO
Anne (AR)

9:15-10AM
CYCLE
Register Paid (CS)
Kylie

10AM
Zumba Kristi (AR)

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

5:15PM
Core & More
Stacey (MPR)

6:30PM Circuit
Nancy (FS)

6:30PM
Yoga with Nadine
in AR
October 28th Only

THURS

5:15AM
Cross Training
Jen H (MPR)

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

9:30-10am
Intermediate
Vibration Plate
Must RegisterPaid
Cindy (AR)

10AM
Hydrofit
Shallow**

12-1
Water Walking**

6:15PM
Hydrofit**
Nancy

6:30PM
Zumba
Megan (MPR)

FRI

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

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

8AM & 9AM
Hydrofit**

9AM RIP
Marion
(MPR)

1:15-2PM
Tai Chi
Doug (ML)
Must Register Paid
2nd & 16th

6:15-7PM
Youth Martial Arts
Terry (AR)

7-8PM
Teen/Adult
Matial Arts
Terry (AR)

SATURDAY

8-8:45AM
Cycle w/ Jen

9-10AM
Pilates/Barre
Jen (AR)

9AM Zumba
Kristi (MPR)

10:15AM Zumba
Megan (MPR)

SUNDAY

10lb Weights & Under
with Lori in MPR
at 3PM

Yoga with Shalon
4th, 18th & 25th
3PM in AR

MPR=Multi-Purpose Room
AR=Aerobic Room
CS=Cycling Studio
FS=Fitness Studio
WC = Wellness Center
ML = Monaca Library

Pop Up Classes:

Restorative Yoga with Nadine
October 28th, Wednesday
6:30pm in AR