



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT/NEW TO EXERCISE DROP-IN SCHEDULE Fall I: September 4-October 21, 2017

The classes & programs listed below are suggestions geared towards New Exercisers/Active Older Adults.
View the Land Group Exercise and Water Fitness schedules for all the adult programs/classes we offer!

MORNING SCHEDULE: Classes/Programs available until 12:00PM (afternoon/evening schedule available on reverse side)

INTENSITY LEVELS: (1-Beginner 2-Intermediate 3-Advanced) Numbers are a guide to help you know what to expect but don't let it keep you from trying out a class! Modifications are given by the instructor; adjust the workout to your own level.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
+ TRX EXPRESS 1 5:45-6:30AM 2 S&C WC 3 Lisa G.	BARRE 1 5:35-6:35AM 2 Studio A 3 Lisa G.	§ POWER UP MORNING YOGA 1 5:35-6:35AM 2 Studio B 3 Kellen	§ CYCLE 1 5:45-6:45AM 2 Cycle Studio 3 Erin	§ BODY PUMP 1 5:35-6:45AM 2 Studio A 3 Jessica C.	§ CYCLE 1 8:00-9:00AM 2 Cycle Studio 3 rotation
§ CYCLE 1 5:45-6:45AM 2 Cycle Studio 3 Jeremiah	§ POWER UP MORNING YOGA 1 5:35-6:35AM 2 Studio B 3 Kellen	§ CYCLE 1 5:45-6:45AM 2 Cycle Studio 3 Joella	20/20/20 1 9:00-10:00AM 2 Warm Water Pool 3 Carole	§ CYCLE 1 5:45-6:45AM 2 Cycle Studio 3 Jeremiah	§ CYCLE 1 9:15-10:15AM 2 Cycle Studio 3 Jen P.
§ YOGA 1 9:00-10:00AM 2 Studio B 3 Diana	§ CYCLE 1 5:45-6:45AM 2 Cycle Studio 3 Rachel	FITNESS 101 1 8:00-9:00AM 2 Studio A 3 Catherine	PICK-UP PICKLE-BALL *Begins Sept. 14 1 9:00AM-3:00PM Ct. B 2 10:30AM-3:00PM Ct. A	FITNESS 101 1 8:00-9:00AM 2 Studio A 3 Catherine	§ BODY PUMP 9:15-10:30AM Studio A Brenda
PICK-UP PICKLE-BALL *Begins Sept. 11 1 9:00AM-4:00PM Ct. B 2 10:30AM-3:00PM Ct. A	AQUA CIRCUIT 1 9:00-10:00AM 2 Warm Water Pool 3 Carole	PICK-UP PICKLE-BALL *Begins Sept. 13 1 9:00AM-3:00PM Ct. B 2 10:00AM-3:00PM Ct. A	§ CYCLE 1 9:25-10:25AM 2 Cycle Studio 3 Catherine	§ SLO-GA YOGA 1 9:00-10:00AM 2 Studio B 3 Flor	BEGINNER YOGA 1 9:30-10:30AM 2 Studio B 3 Anna M.
§ CYCLE 1 9:30-10:30AM 2 Cycle Studio 3 Catherine	§ CYCLE 1 9:35-10:35AM 2 Cycle Studio 3 Erin	BARRE 1 9:00-10:00AM 2 Studio A 3 Rosa	AQUA ARTHRITIS 1 10:00-11:00AM Warm Water Pool 3 Carole	§ CYCLE 1 9:30-10:30AM 2 Cycle Studio 3 Rotation	ZUMBA 1 10:30-11:30AM 2 Studio A 3 Lisa N.
INTRO TO XFIT RIG 1 10:00-10:30AM 2 S&C WC 3 Mary Lee	AQUA ARTHRITIS 1 10:00-11:00AM Warm Water Pool 3 Carole	§ CYCLE 1 9:30-10:30AM 2 Cycle Studio 3 Catherine	ZUMBA 1 10:35-11:35AM 2 Studio A 3 Cheryl	READY, SET, FRIDAY!!! 1 10:00-11:00AM 2 Warm Water Pool 3 Karin	SUNDAY
AQUA ZUMBA 1 10:00-11:00AM 2 Warm Water Pool 3 Meri	PICK-UP PICKLE-BALL *Begins Sept. 12 1 10:30AM-4:00PM Ct. B 2 12:00PM-3:00PM Ct. A	§ BODY PUMP 1 10:00-11:15AM 2 Studio A 3 Jessica C.	CORE BALANCE 1 10:30AM-11:00AM 2 Studio B 3 Catherine	ZUMBA 1 10:00-11:00AM 2 Studio A 3 Rosa	PILATES 1 9:00-10:00AM 2 Studio B 3 Marsha
§ BODY PUMP 1 10:00-11:15AM 2 Studio A 3 Rosa	ZUMBA 1 10:30-11:30AM 2 Studio A 3 Rosa	AQUA ZUMBA 1 10:00-11:00AM 2 Warm Water Pool 3 Meri		+ CYCLE FOR HEALTH 1 10:45-11:15AM 2 Cycle Studio 3 rotation	AQUA ZUMBA 1 10:00-11:00AM 2 Warm Water Pool 3 Danielle
BEGINNER YOGA 1 10:15-11:00AM 2 Studio B 3 Diana	CORE BALANCE 1 10:30-11:00AM 2 Studio B 3 Catherine	SILVER SNEAKERS CLASSIC 1 11:15AM-12:00PM 2 Studio A 3 Sandy W.		PICK-UP PICKLE-BALL *Begins Sept. 15 1 11:00AM-3:00PM Ct. B 2 11:00AM-3:00PM Ct. A	ZUMBA 1 10:00AM-11:00AM 2 Studio A 3 Cheryl
+ CYCLE FOR HEALTH 1 10:45-11:15AM 2 Cycle Studio 3 Catherine	+ TRX EXPRESS 1 11:45AM-12:30PM 2 S&C WC 3 Rosa			AQUA ZUMBA 1 11:00AM-12:00PM 2 Warm Water Pool 3 Meri	§ BODY PUMP 1 11:00AM-12:15PM 2 Studio A 3 Jessica C.
AQUA TONING 1 11:00AM-12:00PM 2 Warm Water Pool 3 Meri	*S&C WC: Strength & Conditioning Wellness Center DROP IN FEES: no symbol: FREE! f : Free this session only § : \$5 + : fee varies (see below)			BARRE 1 11:15AM-12:00PM 2 Studio A 3 Kathy H.	
BARRE 1 11:15AM-12:00PM 2 Studio A 3 Kathy H.				*Both Gymnasium Courts will be closed Sept. 5-8, 2017 due to floor resurfacing.	
TRX INTRO 1 11:30AM-12:00PM 2 S&C WC 3 Catherine	<ul style="list-style-type: none"> • Body Pump Express (\$4) • Couple's Social Dancing (\$25/couple) • Cycle for Health (Member-free, Non-member-\$3) • TRX Express (\$6) 				



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT/NEW TO EXERCISE DROP-IN SCHEDULE Fall I: September 4-October 21, 2017

The classes & programs listed below are suggestions geared towards New Exercisers/Active Older Adults.
View the Land Group Exercise and Water Fitness schedules for all the adult programs/classes we offer!

AFTERNOON/EVENING SCHEDULE: Classes/Programs available beginning at 12:00PM (morning schedule available on reverse side)

INTENSITY LEVELS: (1-Beginner 2-Intermediate 3-Advanced) Numbers are a guide to help you know what to expect but don't let it keep you from trying out a class! Modifications are given by the instructor; adjust the workout to your own level.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PICK-UP PICKLE-BALL <i>*Begins Sept. 11</i> 1 9:00AM-4:00PM Ct. B 2 10:30AM-3:00PM Ct. A	PICK-UP PICKLE-BALL <i>*Begins Sept. 12</i> 1 10:30AM-4:00PM Ct. B 2 12:00PM-3:00PM Ct. A	PICK-UP PICKLE-BALL <i>*Begins Sept. 13</i> 1 9:00AM-3:00PM Ct. B 2 10:00AM-3:00PM Ct. A	PICK-UP PICKLE-BALL <i>*Begins Sept. 14</i> 1 9:00AM-3:00PM Ct. B 2 10:30AM-3:00PM Ct. A	PICK-UP PICKLE-BALL <i>*Begins Sept. 15</i> 1 11:00AM-3:00PM Ct. B 2 11:00AM-3:00PM Ct. A	AQUA ZUMBA 1 1:00-2:00PM 2 Warm Water Pool 3 <i>Danielle</i>
CARDIO LITE 1 12:00-1:00PM 2 Studio A <i>Kristie</i>	SENIOR YOGA 1 12:00-12:45PM 2 Studio A <i>Diana</i>	ZUMBA GOLD 1 12:00-1:00PM 2 Studio A <i>Sandy W.</i>	SENIOR YOGA 1 12:00-12:45PM 2 Studio A <i>Rotation</i>	AQUA TONING 1 12:00-1:00PM 2 Warm Water Pool 3 <i>Meri</i>	+ COUPLE'S SOCIAL DANCING 1 5:00-6:30PM 2 Studio A 3 <i>George & Linda Starosta</i>
§ BODY PUMP 1 5:30-6:45PM 2 Studio A 3 <i>Brenda</i>	ZUMBA GOLD 1 1:00-2:00PM 2 Studio A <i>Sandy W.</i>	CARD CLUB: 500 BID 1:00-4:00PM Community Room	LINE DANCING 1 1:00-2:00PM 2 Studio A <i>Alice</i>	SILVER SNEAKERS CLASSIC 1 12:00-12:45PM 2 Studio A <i>Kathy</i>	
§ CYCLE 1 6:30-7:30PM 2 Cycle Studio 3 <i>Sherry</i>	CARDIO LITE 1 5:30-6:30PM 2 Studio B <i>Kristie</i>	§ DELAY THE DISEASE 1 1:00-2:00PM 2 Studio A 3 <i>Anna</i>	§ CYCLE 1 6:00-7:00PM 2 Cycle Studio 3 <i>Joella</i>	CARD CLUB: BRIDGE 1:00-4:00PM Community Room	
§ SLO-GA YOGA 1 6:30-7:30PM 2 Studio B 3 <i>Flor</i>	+ TRX EXPRESS 1 5:30-6:15PM 2 S&C WC 3 <i>Bob</i>	+ CYCLE FOR HEALTH 1 5:30-6:00PM 2 Cycle Studio <i>Stephanie</i>	ZUMBA 1 7:20-8:20PM 2 Studio A 3 <i>LeeAnn</i>	§ DELAY THE DISEASE 1 1:00-2:00PM 2 Studio A 3 <i>Kathy H.</i>	
ZUMBA 1 7:00-8:00PM 2 Studio A 3 <i>LeeAnn</i>	§ CYCLE 1 6:00-7:00PM 2 Cycle Studio 3 <i>Jen R.</i>	§ BODY PUMP 1 5:30-6:45PM 2 Studio A 3 <i>Brenda</i>	*Both Gymnasium Courts will be closed Sept. 5-8, 2017 due to floor resurfacing.		
BARRE 1 8:00-8:45PM 2 Studio A 3 <i>Kathy H.</i>	ZUMBA 1 7:35-8:30PM 2 Studio A 3 <i>Lisa G.</i>	§ BOOT CAMP CYCLE 1 6:05-7:35PM 2 Cycle Studio 3 <i>Kristie</i>	<p>*S&C WC: Strength & Conditioning Wellness Center</p> <p><i>Group exercise classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical condition or health problems.</i></p> <p>SPECIALTY CLASS PUNCH CARD: \$35/8 classes (members only) Mix & match your favorite classes: • AWT Core Strength • Body Pump™ • Cycle • Fitness Boxing • Yoga (all variations)</p> <p>BODY PUMP ALL-INCLUSIVE PASS: \$40/one session (members only) Take one Body Pump class or take them all!</p> <p>GROUP CYCLE: <i>If you are new to group cycle, please plan to</i></p>		
		TRX INTRO 1 6:30-7:00PM 2 S&C WC <i>Kathy H.</i>			
		PILATES 1 6:30-7:30PM 2 Studio B 3 <i>Marsha</i>			
		ZUMBA 1 7:00-8:00PM 2 Studio A <i>Cheryl</i>			
		AQUA ZUMBA 1 7:30-8:30PM 2 Warm Water Pool 3 <i>Danielle</i>			
		§ YIN YOGA 1 7:30-8:30PM 2 Studio B 3 <i>Kellen</i>			

DROP IN FEES:

no symbol: FREE!

f: Free this session only

§: \$5

+ : fee varies (see below)

- Body Pump Express (\$4)
- Couple's Social Dancing (\$25/couple)
- Cycle for Health (Member-free, Non-member-\$3)
- TRX Express (\$6)

Questions? Contact Kathy Hensler, Healthy Living Director: khensler@bcfymca.org | x226

ROSE E. SCHNEIDER FAMILY YMCA • 2001 Ehrman Rd. Cranberry Twp., PA 16066 • 724.452.9122 • www.bcfymca.org