



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAND GROUP EXERCISE SCHEDULE

Fall I: August 27 - October 21, 2017

*The Y will be closed on Mon., Sept. 4th in observance of Labor Day.

Revised: 8/25/17

MORNING SCHEDULE: Classes 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTERVAL INSANITY 8:15-9:00AM Studio A Jen P.	AWT CORE STRENGTH 5:35-6:35AM Studio A Kathy H.	BARRE 5:35-6:35AM Studio A Lisa G.	AWT CORE STRENGTH 5:35-6:35AM Studio A Kathy H.	CYCLE 5:45-6:45AM Cycle Studio Erin	BODY PUMP 5:30-6:45AM Studio A Jessica C.	AWT CORE STRENGTH 7:15-8:15AM Studio A Kathy H.
PILATES 9:00-10:00AM Studio B Marsha	CYCLE 5:45-6:45AM Cycle Studio Jeremiah	POWER UP MORNING YOGA 5:35-6:35AM Studio B Kellen	POWER UP MORNING YOGA 5:35-6:35AM Studio B Kellen	AWT CORE STRENGTH 8:25-9:30AM Studio A Erin	XFIT RIG 5:35-6:35AM S&C WC Lisa G.	CYCLE 8:00-9:00AM Cycle Studio rotation
ZUMBA 10:00AM-11:00AM Studio A Cheryl	TRX EXPRESS 5:45-6:30AM S&C WC Lisa G.	CYCLE 5:45-6:45AM Cycle Studio Rachel	CYCLE 5:45-6:45AM Cycle Studio Joella	XFIT RIG 8:30-9:30AM S&C WC Donna	CYCLE 5:45-6:45AM Cycle Studio Jeremiah	CARDIO MIX 8:15-9:15AM Studio A Lauren
BODY PUMP 11:00AM-12:15PM Studio A Jessica C.	CARDIO TABATAS 8:00-8:55AM Studio A Donna	AWT CORE STRENGTH 8:25-9:30AM Studio A Erin	FITNESS 101 8:00-9:00AM Studio A Catherine	CYCLE 9:25-10:25AM Cycle Studio Catherine	FITNESS 101 8:00-9:00AM Studio A Catherine	CYCLE 9:15-10:15AM Cycle Studio Jen P.
DROP IN FEES: no symbol: FREE! f: Free this session only ≠: cannot drop in §: \$5 +: fee varies (see below) • Body Pump Express (\$4) • Cycle for Health (Member-free, Non-member-\$3) • TRX Body Blast (\$8) • TRX Boot Camp (\$8) • TRX Express (\$6) • Youth/Teen Fitness (\$3)	HIIT 9:00-9:55AM Studio A Kelly R.	FITNESS BOXING 9:30-10:30AM Studio B Kellen	BARRE 9:00-10:00AM Studio A Rosa	FITNESS BOXING 9:30-10:30AM Studio B Kellen	CARDIO STEP 9:00-10:00AM Studio A Kathy H.	BODY PUMP 9:15-10:30AM Studio A Brenda
	YOGA 9:00-10:00AM Studio B Diana	TOUGH MOTHERS 9:30-10:30AM Gym Court B Mary Lee	HEAT 9:00-10:00AM Gym Court A Kelly R.	BOOT CAMP 9:30-10:30AM Studio A Jen P.	SLO-GA YOGA 9:00-10:00AM Studio B Flor	BEGINNER YOGA 9:30-10:30AM Studio B Anna M.
	HEAT 9:30-10:30AM Gym Court A Jessica T.	INTERVAL INSANITY 9:30-10:30AM Studio A Catherine	CYCLE 9:30-10:30AM Cycle Studio Catherine	TOUGH MOTHERS 9:30-10:30AM Gym Court A Mary Lee	CYCLE 9:30-10:30AM Cycle Studio Rotation	XFIT RIG 9:45-10:45AM S&C WC Jessica R.
	CYCLE 9:30-10:30AM Cycle Studio Catherine	XFIT RIG 9:30-10:30AM S&C WC Jessica T.	BODY PUMP 10:00-11:15AM Studio A Jessica C.	ZUMBA 10:35-11:35AM Studio A Cheryl	HEAT 9:30-10:30AM Gym Court B Jessica T.	ZUMBA 10:30-11:30AM Studio A Lisa N.
	BODY PUMP 10:00-11:15AM Studio A Rosa	CYCLE 9:35-10:35AM Cycle Studio Erin	SILVERSNEAKERS CLASSIC 11:15AM-12:00PM Studio A Sandra W.	CORE BALANCE 10:30-11:00AM Studio B Catherine	ZUMBA 10:00-11:00AM Studio A Rosa	
	INTRO TO XFIT RIG 10:00-10:30AM S&C WC Mary Lee	ZUMBA 10:30-11:30AM Studio A Rosa			CYCLE FOR HEALTH 10:45-11:15AM Cycle Studio Rotation	
	BEGINNER YOGA 10:15-11:00AM Studio B Diana	CORE BALANCE 10:30-11:00AM Studio B Catherine			BARRE 11:15AM-12:00PM Studio A Kathy H.	
	CYCLE FOR HEALTH 10:45-11:15AM Cycle Studio Catherine	TRX EXPRESS 11:45AM-12:15PM S&C WC Rosa				
	BARRE 11:15AM-12:00PM Studio A Kathy H.					
	TRX INTRO 11:30AM-12:00PM S&C WC Catherine					

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.

*S&C WC: Strength & Conditioning Wellness Center

**ROSE E. SCHNEIDER
FAMILY YMCA**
2001 Ehrman Rd.
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Questions?

Contact Kathy Hensler, Healthy Living Director:
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LAND GROUP EXERCISE SCHEDULE

Fall I: August 27 - October 21, 2017

*The Y will be closed on Mon., Sept. 4th in observance of Labor Day.

Revised: 8/25/17

AFTERNOON/EVENING SCHEDULE: Classes 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
CARDIO LITE 1 12:00-1:00PM 2 Studio A Kristie	SENIOR YOGA 1 12:00-12:45PM 2 Studio A Diana	ZUMBA GOLD 1 12:00-1:00PM 2 Studio A Sandy W.	SENIOR YOGA 1 12:00-12:45PM 2 Studio A Rotation	SILVERSNEAKERS CLASSIC 1 12:00-12:45PM 2 Studio A Kathy H.
+ YOUTH/TEEN FITNESS 1 4:30-5:30PM 2 Cycle Studio Rotation	ZUMBA GOLD 1 1:00-2:00PM 2 Studio A Sandy W.	§ DELAY THE DISEASE 1 1:00-2:00PM 2 Studio A Anna M.	LINE DANCING 1 1:00-2:00PM 2 Studio A Alice	§ DELAY THE DISEASE 1 1:00-2:00PM 2 Studio A Kathy H.
CARDIO TABATAS 1 5:30-6:15PM 2 Studio B Jamie K.	+ YOUTH/TEEN FITNESS - STRENGTH 4:30-5:30PM Gym Court B Rotation	+ YOUTH/TEEN FITNESS 4:30-5:30PM 2 Cycle Studio Rotation	+ YOUTH/TEEN FITNESS - AGILITY 4:30-5:30PM Gym Court A Rotation	
§ BODY PUMP 1 5:30-6:45PM 2 Studio A Brenda	CARDIO/WEIGHT INTERVALS 1 5:30-6:30PM 2 Studio A 3 Jamie	§ BODY PUMP 1 5:30-6:45PM 2 Studio A 3 Brenda	BOOT CAMP 5:30-6:30PM 2 Studio A 3 Rotation	
§ SLO-GA YOGA 1 6:30-7:30PM 2 Studio B Flor	CARDIO LITE 1 5:30-6:30PM 2 Studio B Kristie	INTERVAL INSANITY 1 5:30-6:30PM 2 Studio B 3 Rachel	+ TEEN TRX 5:30-6:15PM 2 S&C WC 3 Bob P.	
§ CYCLE 1 6:30-7:30PM 2 Cycle Studio 3 Sherry	+ TRX EXPRESS 5:30-6:15PM 2 S&C WC 3 Bob	+ CYCLE FOR HEALTH 1 5:30-6:00PM 2 Cycle Studio 3 Stephanie	§ CYCLE 1 6:00-7:00PM 2 Cycle Studio 3 Joella	
ZUMBA 1 7:00-8:00PM 2 Studio A 3 LeeAnn	§ CYCLE 1 6:00-7:00PM 2 Cycle Studio 3 Sherry	§ CYCLE BOOT CAMP 6:05-7:35PM 2 Cycle Studio 3 Kristie	+ TRX BODY BLAST 6:30-7:30PM 2 S&C WC 3 Bob P.	
BARRE 1 8:00-8:45PM 2 Studio A 3 Kathy H.	§ AWT CORE STRENGTH 6:30-7:30PM 2 Studio A 3 Stephanie	PILATES 1 6:30-7:30PM 2 Studio B 3 Marsha	ZUMBA 1 7:20-8:20PM 2 Studio A 3 LeeAnn	
	CARDIO KICKBOXING 1 6:30-7:30PM 2 Studio B 3 Jessica R.	TRX INTRO 1 6:30-7:00PM 2 S&C WC 3 Kathy H.		
	TEEN TRX 6:30-7:15PM 2 S&C WC 3 Bob	ZUMBA 1 7:00-8:00PM 2 Studio A 3 Cheryl		
	ZUMBA 1 7:35-8:30PM 2 Studio A 3 Lisa G.	XFIT RIG 1 7:00-8:00PM 2 S&C WC 3 Kathy H.		
		§ YIN YOGA 1 7:30-8:30PM 2 Studio B 3 Kellen		

DROP IN FEES:

no symbol: FREE!

f: Free this session only

#: cannot drop in

§: \$5

+: fee varies (see below)

- Body Pump Express (\$4)
- Cycle for Health (Member-free, Non-member-\$3)
- TRX Body Blast (\$8)
- TRX Boot Camp (\$8)
- TRX Express (\$6)
- Youth/Teen Fitness (\$3)

*S&C WC: Strength & Conditioning Wellness Center

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)

BODY PUMP ALL-INCLUSIVE PASS:

\$40/one session (members only)

Take one Body Pump class or take them all!

GROUP EXERCISE: Ages 14+ welcome!
Youth Policy: Ages 12-13 may attend adult classes with a parent.

GROUP CYCLE: Ages 14+ welcome!
If you are new to group cycle, please plan to arrive 10 minutes before class for bike set up.
Youth Policy: Must be at least 8 years old and 4'4" for proper bike fit.
Junior Riders: Ages 11-13 may attend adult classes with a parent.