



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULT/NEW TO EXERCISE DROP-IN SCHEDULE Spring: April 15 - June 2, 2018

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!

Most group exercise classes are offered on a first come first serve basis.

**Bolded Class:** you must reserve a spot in class at the membership desk up to 3 days in advance.

## 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
<b>§ TRX EXPRESS</b> 1 5:45-6:30AM 2 S&C WC 3 Lisa George	<b>BARRE</b> 1 5:35-6:35AM 2 Studio A 3 Lisa George	<b>FITNESS 101</b> 1 8:00-9:00AM 2 Studio A 3 Catherine	<b>CYCLE</b> 1 5:45-6:45AM 2 Cycle Studio 3 Erin	<b>BODY PUMP</b> 1 5:35-6:45AM 2 Studio A 3 Jessica C.	<b>CYCLE</b> 1 8:00-9:00AM 2 Cycle Studio 3 (rotation)
<b>CYCLE</b> 1 5:45-6:45AM 2 Cycle Studio 3 Kristie	<b>CYCLE</b> 1 5:45-6:45AM 2 Cycle Studio 3 Rachel	<b>PICKLEBALL</b> 1 9:00AM-3:00PM Ct. B 2 10:00AM-3:00PM Ct. A	<b>AQUA CIRCUIT</b> 1 9:00-10:00AM 2 Warm Water Pool 3 Carole	<b>CYCLE</b> 1 5:45-6:45AM 2 Cycle Studio 3 Kathy H.	<b>CYCLE</b> 1 9:15-10:15AM 2 Cycle Studio 3 Jen P.
<b>YOGA</b> 1 9:00-10:00AM 2 Studio B 3 Diana	<b>AQUA POWER</b> 1 9:00-10:00AM 2 Warm Water Pool 3 Carole	<b>BARRE</b> 1 9:00-10:00AM 2 Studio A 3 Rosa	<b>PICKLEBALL</b> 1 9:00AM-3:00PM Ct. B 2 10:30AM-3:00PM Ct. A	<b>FITNESS 101</b> 1 8:00-9:00AM 2 Studio A 3 Catherine	<b>BODY PUMP</b> 1 9:15-10:30AM 2 Studio A 3 Bob
<b>PICKLEBALL</b> 1 9:00AM-3:00PM Ct. B 2 10:30AM-3:00PM Ct. A	<b>INTRO TO FITNESS BOXING</b> 1 9:00-9:30AM 2 Studio B 3 Lisa Guerrini	<b>CYCLE</b> 1 9:30-10:30AM 2 Cycle Studio 3 Catherine	<b>CYCLE</b> 1 9:30-10:30AM 2 Cycle Studio 3 (rotation)	<b>SLO-GA YOGA</b> 1 9:00-10:00AM 2 Studio B 3 Flor	<b>BEGINNER YOGA</b> 1 9:30-10:30AM 2 Studio B 3 Kathy H.
<b>CYCLE</b> 1 9:30-10:30AM 2 Cycle Studio 3 Catherine	<b>PICKLEBALL</b> 1 9:30AM-1:00PM Ct. A 2 11:30AM-3:00PM Ct. B	<b>AQUA TONING</b> 1 10:00AM-11:00AM 2 Warm Water Pool 3 Meri	<b>§ TRX EXPRESS</b> 1 9:30-10:15AM 2 S&C WC 3 Jessica T.	<b>CYCLE</b> 1 9:30-10:30AM 2 Cycle Studio 3 (rotation)	<b>ZUMBA</b> 1 10:30-11:30AM 2 Studio A 3 Lisa N.
<b>INTRO TO XFIT RIG</b> 1 10:00-10:30AM 2 S&C WC 3 Mary Lee	<b>CYCLE</b> 1 9:35-10:35AM 2 Cycle Studio 3 Erin	<b>BODY PUMP</b> 1 10:00-11:15AM 2 Studio A 3 Jessica C.	<b>AQUA ARTHRITIS</b> 1 10:00-11:00AM 2 Warm Water Pool 3 Carole	<b>READY, SET, FRIDAY!!!</b> 1 10:00-11:00AM 2 Warm Water Pool 3 Karin	<b>SUNDAY</b>
<b>AQUA TONING</b> 1 10:00-11:00AM 2 Warm Water Pool 3 Meri	<b>AQUA ARTHRITIS</b> 1 10:00-11:00AM 2 Warm Water Pool 3 Carole	<b>YOGA</b> 1 10:30-11:30AM 2 Studio B 3 Anna M.	<b>ZUMBA</b> 1 10:35-11:35AM 2 Studio A 3 Cheryl	<b>ZUMBA</b> 1 10:00-11:00AM 2 Studio A 3 Rosa	<b>PILATES</b> 1 9:00-10:00AM 2 Studio B 3 Marsha
<b>BODY PUMP</b> 1 10:00-11:15AM 2 Studio A 3 Rosa	<b>ZUMBA</b> 1 10:30-11:30AM 2 Studio A 3 Rosa	<b>AQUA ZUMBA</b> 1 11:00AM-12:00PM 2 Warm Water Pool 3 Meri	<b>CORE BALANCE</b> 1 10:30AM-11:00AM 2 Studio B 3 Catherine	<b>TRX INTRO</b> 1 10:35-11:05AM 2 S&C WC 3 Jessica T.	<b>AQUA ZUMBA</b> 1 10:00-11:00AM 2 Warm Water Pool 3 Danielle
<b>BEGINNER YOGA</b> 1 10:15-11:00AM 2 Studio B 3 Diana	<b>CORE BALANCE</b> 1 10:30-11:00AM 2 Studio B 3 Catherine	<b>SILVER SNEAKERS CLASSIC</b> 1 11:15AM-12:00PM 2 Studio A 3 Sandy W.		<b>CYCLE FOR HEALTH</b> 1 10:45-11:15AM 2 Cycle Studio 3 (rotation)	<b>ZUMBA</b> 1 10:00AM-11:00AM 2 Studio A 3 Cheryl
<b>CYCLE FOR HEALTH</b> 1 10:45-11:15AM 2 Cycle Studio 3 Catherine	<b>CYCLE/YOGA</b> 1 11:15AM-12:15PM 2 Cycle Studio 3 Sophia			<b>PICKLEBALL</b> 1 11:00AM-3:00PM Ct. A 2 11:00AM-3:00PM Ct. B	<b>CYCLE</b> 1 10:00-11:00AM 2 Cycle Studio 3 Jen R.
<b>AQUA ZUMBA</b> 1 11:00AM-12:00PM 2 Warm Water Pool 3 Meri	<div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <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><b>GROUP CYCLE:</b> <i>If you are new to group cycle, please plan to arrive 10 minutes before class for bike set up.</i></p> </div>			<b>AQUA ZUMBA</b> 1 11:00AM-12:00PM 2 Warm Water Pool 3 Meri	
<b>BARRE</b> 1 11:15AM-12:00PM 2 Studio A 3 Sherry				<b>BARRE</b> 1 11:15AM-12:00PM 2 Studio A 3 Catherine	



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**Bolded Class:** you must reserve a spot in class at the membership desk up to 3 days in advance.

## 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
<b>PICKLEBALL</b> 1 9:00AM-3:00PM Ct. B 2 10:30AM-3:00PM Ct. A	<b>PICKLEBALL</b> 1 9:30AM-1:00PM Ct. A 2 11:30AM-3:00PM Ct. B	<b>PICKLEBALL</b> 1 9:00AM-3:00PM Ct. B 2 10:00AM-3:00PM Ct. A	<b>PICKLEBALL</b> 1 9:00AM-3:00PM Ct. B 2 10:30AM-3:00PM Ct. A	<b>PICKLEBALL</b> 1 11:00AM-3:00PM Ct. A 2 11:00AM-3:00PM Ct. B	<b>AQUA ZUMBA</b> 1 1:00-2:00PM 2 Warm Water Pool 3 <i>Danielle</i>
<b>CARDIO LITE</b> 1 12:00-1:00PM 2 Studio A <i>Kristie</i>	<b>SENIOR YOGA</b> 1 12:00-12:45PM 2 Studio A <i>Diana</i>	<b>ZUMBA GOLD</b> 1 12:00-1:00PM 2 Studio A <i>Sandy W.</i>	<b>SENIOR YOGA</b> 1 12:00-12:45PM 2 Studio A <i>Sophia</i>	<b>SILVER SNEAKERS CLASSIC</b> 1 12:00-12:45PM 2 Studio A <i>Kathy H.</i>	
<b>SAIL</b> 1 1:00-2:00PM 2 Studio A <i>Kristie</i>	<b>ZUMBA GOLD</b> 1 1:00-2:00PM 2 Studio A <i>Sandy W.</i>	<b>CARD CLUB: 500 BID</b> 1:00-4:00PM Community Room	<b>LINE DANCING</b> 1 1:00-2:00PM 2 Studio A <i>Alice</i>	<b>§ DELAY THE DISEASE</b> 1 1:00-2:00PM 2 Studio A 3 <i>Kathy H.</i>	
<b>BODY PUMP</b> 1 5:30-6:45PM 2 Studio A 3 <i>Brenda</i>	<b>TAI CHI</b> 1 2:00-3:00PM 2 Studio A 3 <i>Xiabo</i>	<b>§ DELAY THE DISEASE</b> 1 1:00-2:00PM 2 Studio A 3 <i>Anna</i>	<b>BARRE</b> 1 5:30-6:30PM 2 Studio B <i>Kristie</i>		
<b>SLO-GA YOGA</b> 1 6:30-7:30PM 2 Studio B 3 <i>Flor</i>	<b>CARDIO LITE</b> 1 5:30-6:30PM 2 Studio B <i>Kristie</i>	<b>CYCLE FOR HEALTH</b> 1 5:30-6:00PM 2 Cycle Studio <i>Stephanie</i>	<b>CARDIO MIX</b> 1 5:30-6:30PM 2 Studio A 3 <i>Lauren</i>		
<b>CYCLE</b> 1 6:30-7:30PM 2 Cycle Studio 3 <i>Sherry</i>	<b>TRX INTRO</b> 1 5:30-6:00PM 2 S&C WC 3 <i>Kathy H.</i>	<b>BODY PUMP</b> 1 5:30-6:45PM 2 Studio A 3 <i>Brenda</i>	<b>CYCLE</b> 1 6:00-7:00PM 2 Cycle Studio 3 <i>Joella</i>		
<b>§ TRX EXPRESS</b> 1 6:45-7:30PM 2 S&C WC 3 <i>Bob</i>	<b>ZUMBA</b> 1 7:35-8:30PM 2 Studio A 3 <i>Lisa George</i>	<b>GFF Endurance Cycle</b> 1 6:05-7:35PM 2 Cycle Studio 3 <i>Joella</i>	<b>BODY PUMP</b> 1 6:30-7:45PM 2 Studio A 3 <i>Jessica C.</i>		
<b>ZUMBA</b> 1 7:00-8:00PM 2 Studio A 3 <i>LeeAnn</i>		<b>§ TRX EXPRESS</b> 1 6:30-7:15PM 2 S&C WC 3 <i>Bob</i>	<b>§: \$5 Drop-In Fee</b> <b>S&amp;C WC: Strength &amp; Conditioning Wellness Center</b>		
<b>BARRE</b> 1 8:00-8:45PM 2 Studio A 3 <i>Kathy H.</i>		<b>PILATES</b> 1 6:30-7:30PM 2 Studio B 3 <i>Marsha</i>	<p style="text-align: center;"><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 style="text-align: center;"><b>GROUP CYCLE:</b> <i>If you are new to group cycle, please plan to arrive 10 minutes before class for bike set up.</i></p>		
		<b>ZUMBA</b> 1 7:00-8:00PM 2 Studio A 3 <i>Cheryl</i>			
		<b>XFIT RIG</b> 1 7:15-8:00PM 2 S&C WC 3 <i>Jessica R.</i>			
		<b>AQUA ZUMBA</b> 1 7:30-8:30PM 2 Warm Water Pool 3 <i>Danielle</i>			
		<b>YIN YOGA</b> 1 7:30-8:30PM 2 Studio B 3 <i>Flor</i>			

**Questions?** Contact Kathy Hensler,  
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