



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAND GROUP EXERCISE SCHEDULE

Spring: April 15 - June 2, 2018

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

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.

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 8:15-9:15AM 2 Studio A 3 Jen Phillips | AWT CORE STRENGTH 5:35-6:35AM 2 Studio A 3 Kathy H. | BARRE 1 5:35-6:35AM 2 Studio A 3 Lisa George | AWT CORE STRENGTH 5:35-6:35AM 2 Studio A 3 Kathy H. | CARDIO TABATAS 5:35-6:35AM 1 Studio A 2 Studio A 3 Kathy H. | BODY PUMP 5:35-6:45AM 1 Studio A 2 Studio A 3 Jessica C. | ENDURANCE CYCLE 5:45-7:45AM 1 Cycle Studio 2 Cycle Studio 3 Joella |
| PILATES 1 9:00-10:00AM 2 Studio B 3 Marsha | CYCLE 5:45-6:45AM 1 Cycle Studio 2 Kristie 3 Kristie | CYCLE 5:45-6:45AM 1 Cycle Studio 2 Rachel 3 Rachel | CYCLE 5:45-6:45AM 1 Cycle Studio 2 Kristie 3 Kristie | CYCLE 5:45-6:45AM 1 Cycle Studio 2 Erin 3 Erin | XFIT RIG 5:35-6:35AM 2 S&C WC 3 Lisa George | AWT CORE STRENGTH 7:15-8:15AM 2 Studio A 3 Kathy H. |
| ZUMBA 1 10:00-11:00AM 2 Studio A 3 Cheryl | § TRX EXPRESS 5:45-6:30AM 1 S&C WC 2 Lisa George 3 Lisa George | AWT CORE STRENGTH 8:25-9:30AM 1 Studio A 2 Erin 3 Erin | FITNESS 101 1 8:00-9:00AM 2 Studio A 3 Catherine | AWT CORE STRENGTH 8:25-9:30AM 1 Studio A 2 Erin 3 Erin | CYCLE 5:45-6:45AM 1 Cycle Studio 2 Kathy H. 3 Kathy H. | CYCLE 8:00-9:00AM 1 Cycle Studio 2 Cycle Studio 3 (rotation) |
| CYCLE 1 10:00-11:00AM 2 Cycle Studio 3 Jen R. | CARDIO TABATAS 8:00-8:55AM 1 Studio A 2 Donna 3 Donna | INTRO TO FITNESS BOXING 9:00-9:30AM 1 Studio B 2 Lisa Guerrini 3 Lisa Guerrini | BARRE 9:00-10:00AM 1 Studio A 2 Rosa 3 Rosa | XFIT RIG 8:30-9:30AM 1 Gym Court A 2 Donna 3 Donna | FITNESS 101 8:00-9:00AM 1 Studio A 2 Catherine 3 Catherine | CARDIO MIX 8:15-9:15AM 1 Studio A 2 Lauren 3 Lauren |
| § BABY & ME YOGA 1 10:00-11:00AM 2 Studio B 3 Anne | HIIT 9:00-9:55AM 1 Studio A 2 Kelly R. 3 Kelly R. | FITNESS BOXING 9:30-10:30AM 1 Studio B 2 Lisa Guerrini 3 Lisa Guerrini | HEAT 9:00-10:00AM 1 Gym Court A 2 Kelly R. 3 Kelly R. | CYCLE 9:30-10:30AM 1 Cycle Studio 2 (rotation) 3 (rotation) | CARDIO STEP 9:00-10:00AM 1 Studio A 2 Kathy H. 3 Kathy H. | CYCLE 9:15-10:15AM 1 Cycle Studio 2 Jen P. 3 Jen P. |
| § PRENATAL YOGA 1 11:00AM-12:00PM 2 Studio B 3 Anne | YOGA 9:00-10:00AM 1 Studio B 2 Diana 3 Diana | TOUGH MOTHERS 9:30-10:30AM 1 Gym Court A 2 Mary Lee 3 Mary Lee | CYCLE 9:30-10:30AM 1 Cycle Studio 2 Catherine 3 Catherine | FITNESS BOXING 9:30-10:30AM 1 Studio B 2 Lisa Guerrini 3 Lisa Guerrini | SLO-GA YOGA 9:00-10:00AM 1 Studio B 2 Flor 3 Flor | BODY PUMP 9:15-10:30AM 1 Studio A 2 Bob 3 Bob |
| §: \$5 drop-in + : (see below) Youth/Teen Fitness \$3 Couple's Social Dancing (\$25/couple) S&C WC: Strength & Conditioning Wellness Center | HEAT 9:30-10:30AM 1 Gym Court A 2 Jessica T. 3 Jessica T. | INTERVAL INSANITY 9:30-10:30AM 1 Studio A 2 Catherine 3 Catherine | BODY PUMP 10:00-11:15AM 1 Studio A 2 Jessica C. 3 Jessica C. | BOOT CAMP 9:30-10:30AM 1 Studio A 2 Catherine 3 Catherine | CYCLE 9:30-10:30AM 1 Cycle Studio 2 (rotation) 3 (rotation) | BEGINNER YOGA 9:30-10:30AM 1 Studio B 2 Kathy H. 3 Kathy H. |
| | CYCLE 9:30-10:30AM 1 Cycle Studio 2 Catherine 3 Catherine | XFIT RIG 9:30-10:30AM 1 S&C WC 2 Jessica T. 3 Jessica T. | YOGA 10:30-11:30AM 1 Studio B 2 Anna M. 3 Anna M. | § TRX EXPRESS 9:30-10:15AM 1 S&C WC 2 Jessica T. 3 Jessica T. | HEAT 9:30-10:30AM 1 Gym Court A 2 Jessica T. 3 Jessica T. | XFIT RIG 9:45-10:45AM 1 S&C WC 2 Jessica R. 3 Jessica R. |
| | BODY PUMP 10:00-11:15AM 1 Studio A 2 Rosa 3 Rosa | CYCLE 9:35-10:35AM 1 Cycle Studio 2 Erin 3 Erin | SILVERSNEAKERS CLASSIC 11:15AM-12:00PM 1 Studio A 2 Sandy W. 3 Sandy W. | TOUGH MOTHERS 9:30-10:30AM 1 Gym Court A 2 Mary Lee 3 Mary Lee | ZUMBA 10:00-11:00AM 1 Studio A 2 Rosa 3 Rosa | ZUMBA 10:30-11:30AM 1 Studio A 2 Lisa N. 3 Lisa N. |
| | INTRO TO XFIT RIG 10:00-10:45AM 1 S&C WC 2 Mary Lee 3 Mary Lee | ZUMBA 10:30-11:30AM 1 Studio A 2 Rosa 3 Rosa | | ZUMBA 10:35-11:35AM 1 Studio A 2 Cheryl 3 Cheryl | TRX INTRO 10:35-11:05AM 1 S&C WC 2 Jessica T. 3 Jessica T. | |
| | BEGINNER YOGA 10:15-11:00AM 1 Studio B 2 Diana 3 Diana | CORE BALANCE 10:30-11:00AM 1 Studio B 2 Catherine 3 Catherine | | CORE BALANCE 10:30-11:00AM 1 Studio B 2 Catherine 3 Catherine | CYCLE FOR HEALTH 10:45-11:15AM 1 Cycle Studio 2 (rotation) 3 (rotation) | |
| | CYCLE FOR HEALTH 10:45-11:15AM 1 Cycle Studio 2 Catherine 3 Catherine | CYCLE/YOGA 11:15AM-12:15PM 1 Cycle Studio 2 Sophia 3 Sophia | | | BARRE 11:15AM-12:00PM 1 Studio A 2 Catherine 3 Catherine | |
| | BARRE 11:15AM-12:00PM 1 Studio A 2 Sherry 3 Sherry | MIND/BODY FUSION 11:15AM-12:15PM 1 Studio B 2 Emily 3 Emily | | | | |

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.

QUESTIONS? Please Contact Kathy Hensler, Healthy Living Director: khensler@bcfymca.org | 724.452.9122 x226

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



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LAND GROUP EXERCISE SCHEDULE

Spring: April 15 - June 2, 2018

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

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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.

§: \$5 drop-in
+: (see below)
Youth/Teen
Fitness \$3

Couple's
Social Dancing
(\$25/couple)

S&C WC:
Strength &
Conditioning
Wellness
Center

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|---|
| | 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>Sophia</i> | SILVERSNEAKERS CLASSIC 1 12:00-12:45PM 2 Studio A <i>Kathy H.</i> |
| | SAIL 1 1:00PM-2:00PM 2 Studio A <i>Kristie</i> | ZUMBA GOLD 1 1:00-2:00PM 2 Studio A <i>Sandy W.</i> | § DELAY THE DISEASE 1 1:00-2:00PM 2 Studio A 3 <i>Anna M.</i> | LINE DANCING 1 1:00-2:00PM 2 Studio A <i>Alice</i> | § DELAY THE DISEASE 1 1:00-2:00PM 2 Studio A 3 <i>Kathy H.</i> |
| | + YOUTH/TEEN FITNESS SPEED & AGILITY 1 4:30-5:30PM 2 Studio A 3 <i>(rotation)</i> | TAI CHI 2:00-3:00PM Studio A <i>Xiabo</i> | + YOUTH/TEEN FITNESS SPEED & AGILITY 1 4:30-5:30PM 2 Studio A 3 <i>(rotation)</i> | + YOUTH/TEEN FITNESS STRENGTH & COND. 1 4:30-5:30PM 2 Studio A 3 <i>(rotation)</i> | |
| | CARDIO TABATAS 1 5:30-6:15PM 2 Studio B 3 <i>Jamie Knauff</i> | + YOUTH/TEEN FITNESS STRENGTH & COND. 1 4:30-5:30PM 2 Studio A 3 <i>(rotation)</i> | BODY PUMP 1 5:30-6:45PM 2 Studio A 3 <i>Brenda</i> | CARDIO MIX 5:30-6:30PM 2 Studio A 3 <i>Lauren</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> | CARDIO/WEIGHT INTERVALS 1 5:30-6:30PM 2 Studio A 3 <i>Jamie Kemper</i> | INTERVAL INSANITY 1 5:30-6:30PM 2 Studio B 3 <i>Rachel</i> | BARRE 1 5:30-6:30PM 2 Studio A 3 <i>Kristie</i> | |
| | SLO-GA YOGA 1 6:30-7:30PM 2 Studio B 3 <i>Flor</i> | CARDIO LITE 1 5:30-6:30PM 2 Studio B <i>Kristie</i> | CYCLE FOR HEALTH 1 5:30-6:00PM 2 Cycle Studio <i>Stephanie</i> | CYCLE 1 6:00-7:00PM 2 Cycle Studio 3 <i>Joella</i> | |
| | CYCLE 1 6:30-7:30PM 2 Cycle Studio 3 <i>Sherry</i> | TRX INTRO 1 5:30-6:00PM 2 S&C WC 3 <i>Kathy H.</i> | GFF Endurance Cycle 1 6:05-7:35PM 2 Cycle Studio 3 <i>Joella</i> | BODY PUMP 1 6:30-7:45PM 2 Studio A 3 <i>Jessica C.</i> | |
| | § TRX EXPRESS 1 6:45-7:30PM 2 S&C WC 3 <i>Bob</i> | AWT CORE STRENGTH 6:30-7:30PM 2 Studio A 3 <i>Stephanie</i> | § TRX EXPRESS 6:30-7:15PM 2 S&C WC 3 <i>Bob</i> | | |
| | ZUMBA 1 7:00-8:00PM 2 Studio A 3 <i>LeeAnn</i> | ZUMBA 1 7:35-8:30PM 2 Studio A 3 <i>Lisa George</i> | PILATES 1 6:30-7:30PM 2 Studio B 3 <i>Marsha</i> | | |
| | FITNESS BOXING 1 7:30-8:30PM 2 Studio B 3 <i>Lisa Guerrini</i> | | ZUMBA 1 7:00-8:00PM 2 Studio A 3 <i>Cheryl</i> | | |
| | BARRE 1 8:00-8:45PM 2 Studio A 3 <i>Kathy H.</i> | | XFIT RIG 1 7:15-8:00PM 2 S&C WC 3 <i>Jessica R.</i> | | |
| | | | YIN YOGA 1 7:30-8:30PM 2 Studio B 3 <i>Flor</i> | | |

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 & 4'4" for proper bike fit.

Junior Riders:
Ages 11-13 may attend adult classes with a parent.

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.

QUESTIONS? Please Contact Kathy Hensler, Healthy Living Director: khensler@bcfymca.org | 724.452.9122 x226

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