



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A CLASS FOR EVERY LIFESTYLE

## Active Older Adult/New to Exercise Drop-In Schedule

Fall I: September 2 - October 27, 2018 (\*No Classes 9/3)

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	BARRE 1 5:35-6:35AM 2 Studio A 3 Lisa George	FITNESS 101 1 8:00-9:00AM 2 Studio A 3 Catherine	<b>CYCLE</b> 1 5:35-6:35AM 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> 5:45-6:45AM 2 Cycle Studio 3 Jeremiah	<b>CYCLE</b> 1 5:45-6:45AM 2 Cycle Studio 3 Rachel	BARRE 1 9:00-10:00AM 2 Studio A 3 Rosa	AQUA CIRCUIT 1 9:00-10:00AM 2 Warm Water Pool 3 Carole	<b>CYCLE</b> 1 5:45-6:45AM 2 Cycle Studio 3 Jeremiah	<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	AQUA POWER 1 9:00-10:00AM 2 Warm Water Pool 3 Carole	PICKLEBALL 1 10:00AM-3:00PM Ct A 2 10:00AM-4:00PM Ct B1 3 9:00AM-4:00PM Ct B2	<b>CYCLE</b> 1 9:30-10:30AM 2 Cycle Studio 3 (rotation)	FITNESS 101 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>CYCLE</b> 1 9:30-10:30AM 2 Cycle Studio 3 Catherine	INTRO TO FITNESS BOXING 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>§ TRX EXPRESS</b> 1 9:30-10:15AM 2 S&C WC 3 Jessica T.	BARRE 1 9:00-10:00AM 2 Studio A 3 Catherine	<b>BEGINNER YOGA</b> 1 9:30-10:30AM 2 Studio B 3 Kathy H.	
XFIT RIG INTRO 1 10:00-10:45AM 2 S&C WC 3 Mary Lee	PICKLEBALL 1 10:30AM-3:00PM Ct A 2 10:30AM-4:00PM Ct B1 3 9:00AM-4:00PM Ct B2	FLEXIOUS FLOW 1 10:00AM-11:00AM 2 Warm Water Pool 3 Karin	AQUA ARTHRITIS 1 10:00-11:00AM 2 Warm Water Pool 3 Carole	<b>CYCLE</b> 1 9:30-10:30AM 2 Cycle Studio 3 (rotation)	ZUMBA 1 10:30-11:30AM 2 Studio A 3 Lisa N.	
AQUA 1,2,3 SYSTEMS 1 10:00-11:00AM 2 Warm Water Pool 3 Karin	<b>CYCLE</b> 1 10:00-11:00AM 2 Cycle Studio 3 Erin	<b>BODY PUMP</b> 1 10:00-11:15AM 2 Studio A 3 Jessica C.	PICKLEBALL 1 11:00AM-3:00PM Ct A 2 10:30AM-4:00PM Ct B1 3 10:30AM-4:00PM Ct B2	READY, SET, FRIDAY!!! 1 10:00-11:00AM 2 Warm Water Pool 3 Karin	<b>SUNDAY</b>	
<b>BODY PUMP</b> 1 10:00-11:15AM 2 Studio A 3 Rosa	AQUA ARTHRITIS 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.	CORE BALANCE 1 10:45AM-11:15AM 2 Studio B 3 Catherine	ZUMBA 1 10:00-11:00AM 2 Studio A 3 Rosa	PICKLEBALL 1 8:00AM-11:00AM Ct B1 2 8:00AM-11:00AM Ct B2 3	
<b>BEGINNER YOGA</b> 1 10:15-11:00AM 2 Studio B 3 Diana	ZUMBA 1 10:45-11:45AM 2 Studio A 3 Rosa	SILVER SNEAKERS CLASSIC 1 11:15AM-12:00PM 2 Studio A 3 Sandy W.	ZUMBA 1 10:45-11:45AM 2 Studio A 3 Cheryl	PICKLEBALL 1 10:45AM-4:00PM Ct A 2 10:30AM-4:00PM Ct B1 3 10:30AM-4:00PM Ct B2	PILATES 1 9:00-10:00AM 2 Studio B 3 Marsha	
<b>CYCLE FOR HEALTH</b> 1 10:45-11:15AM 2 Cycle Studio 3 Catherine	CORE BALANCE 1 10:45-11:15AM 2 Studio B 3 Catherine	AQUA ZUMBA 1 11:00AM-12:00PM 2 Warm Water Pool 3 Alicia		<b>TRX INTRO</b> 1 10:35-11:05AM 2 S&C WC 3 Jessica T.	<b>CYCLE</b> 1 9:30AM-10:30AM 2 Cycle Studio 3 Jen R.	
PICKLEBALL 1 10:30AM-3:00PM Ct A 2 10:30AM-4:00PM Ct B1 3 10:30AM-4:00PM Ct B2	AQUA ZUMBA 1 11:00AM-12:00PM 2 Warm Water Pool 3 Sherri	<p>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.</p> <p><b>GROUP CYCLE:</b> If you are new to group cycle, please plan to arrive 10 minutes before class for bike set up.</p>			<b>CYCLE FOR HEALTH</b> 1 10:45-11:15AM 2 Cycle Studio 3 (rotation)	AQUA ZUMBA 1 10:00-11:00AM 2 Warm Water Pool 3 Danielle
BARRE 1 11:15AM-12:00PM 2 Studio A 3 Sherry					<b>SLO-GA YOGA</b> 1 11:00AM-12:00PM 2 Studio B 3 Kathy H.	ZUMBA 1 10:00AM-11:00AM 2 Studio A 3 Cheryl

§: \$5 Drop-In Fee

S&C WC: Strength & Conditioning  
Wellness Center



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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.

**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
PICKLEBALL 1 10:30AM-3:00PM Ct A 2 10:30AM-4:00PM Ct B1 3 10:30AM-4:00PM Ct B2	PICKLEBALL 1 10:30AM-3:00PM Ct A 2 10:30AM-4:00PM Ct B1 3 9:00AM-4:00PM Ct B2	PICKLEBALL 1 10:00AM-3:00PM Ct A 2 10:00AM-4:00PM Ct B1 3 9:00AM-4:00PM Ct B2	PICKLEBALL 1 11:00AM-3:00PM Ct A 2 10:30AM-4:00PM Ct B1 3 10:30AM-4:00PM Ct B2	PICKLEBALL 1 10:45AM-4:00PM Ct A 2 10:30AM-4:00PM Ct B1 3 10:30AM-4:00PM Ct B2	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>Sophia</i>	SILVER SNEAKERS CLASSIC 1 12:00-12:45PM 2 Studio A <i>Alicia</i>	<b>SUNDAY</b>
SAIL 1 1:00-2:00PM 2 Studio A <i>Kristie</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>	<b>§ DELAY THE DISEASE</b> 1 1:00-2:00PM 2 Studio A 3 <i>Kathy H.</i>	PICKLEBALL 1 8:00AM-11:00AM Ct B1 2 8:00AM-11:00AM Ct B2 3
<b>BODY PUMP</b> 1 5:30-6:45PM 2 Studio A 3 <i>Brenda</i>	TAI CHI 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>	BARRE 1 5:30-6:30PM 2 Studio A 3 <i>Kristie</i>		
<b>YOGA FLOW</b> 1 6:30-7:30PM 2 Studio B 3 <i>Katie</i>	CARDIO LITE 1 5:30-6:30PM 2 Studio B 3 <i>Kristie</i>	<b>CYCLE FOR HEALTH</b> 1 5:30-6:00PM 2 Cycle Studio (rotation)	CARDIO MIX 1 5:30-6:30PM 2 Studio B 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>CYCLE</b> 1 6:30-7:30PM 2 Cycle Studio 3 <i>Laura</i>	<b>§ TRX EXPRESS</b> 1 6:30-7:15PM 2 S&C WC 3 <i>Bob</i>	<b>BODY PUMP</b> 1 6:30-7:45PM 2 Studio A 3 <i>Jessica C.</i>		
ZUMBA 1 7:00-8:00PM 2 Studio A 3 (rotation)	X-FIT RIG 1 7:00-8:00pm 2 S&C WC 3 <i>Jessica R.</i>	<b>YOGA FLOW</b> 1 6:30-7:30PM 2 Studio B 3 <i>Katie</i>	<b>§: \$5 Drop-In Fee</b> <b>S&amp;C WC:</b> Strength & Conditioning Wellness Center		
BARRE 1 8:00-8:45PM 2 Studio A 3 (rotation)	ZUMBA 1 7:35-8:30PM 2 Studio A 3 <i>Lisa George</i>	ZUMBA 1 7:00-8:00PM 2 Studio A 3 <i>Cheryl</i>			
		AQUA ZUMBA 1 7:30-8:30PM 2 Warm Water Pool 3 <i>Danielle</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.

**GROUP CYCLE:**

If you are new to group cycle, please plan to arrive 10 minutes before class for bike set up.

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

**ROSE E. SCHNEIDER FAMILY YMCA** 2001 Ehrman Rd. Cranberry Twp., PA 16066

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