



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE HEALTHY. BE STRONG. BELONG!

## Land Group Exercise Drop-In Schedule Fall I: September 2 - October 27, 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 Studio A Jen Phillips	<b>AWT CORE STRENGTH</b> 5:35-6:35AM Studio A Kathy H.	BARRE 1 5:35-6:35AM Studio A 2 Lisa George 3	<b>AWT CORE STRENGTH</b> 5:35-6:35AM Studio A 2 Kathy H. 3	CARDIO TABATAS 5:35-6:35AM Studio A 2 Kathy H. 3	<b>BODY PUMP</b> 5:35-6:45AM Studio A 2 Jessica C. 3	<b>AWT CORE STRENGTH</b> 7:15-8:15AM Studio A 2 Kathy H. 3
PILATES 1 9:00-10:00AM Studio B Marsha 2 3	<b>§ TRX EXPRESS</b> 1 5:45-6:30AM S&C WC Lisa George 2 3	<b>CYCLE</b> 1 5:45-6:45AM Cycle Studio Rachel 2 3	FITNESS 101 1 8:00-9:00AM Studio A 2 Catherine 3	<b>CYCLE</b> 1 5:35-6:35AM Cycle Studio Erin 2 3	XFIT RIG 5:35-6:35AM S&C WC Lisa George 2 3	<b>CYCLE</b> 1 8:00-9:00AM Cycle Studio (rotation) 2 3
<b>CYCLE</b> 1 9:30-10:30AM Cycle Studio Jen R. 2 3	<b>CYCLE</b> 5:45-6:45AM Cycle Studio Jeremiah 2 3	<b>AWT CORE STRENGTH</b> 8:40-9:45AM Studio A 2 Erin 3	BARRE 1 9:00-10:00AM Studio A 2 Rosa 3	XFIT RIG 8:30-9:30AM Gym Court A Donna 2 3	<b>CYCLE</b> 1 5:45-6:45AM Cycle Studio Jeremiah 2 3	CARDIO MIX 1 8:15-9:15AM Studio A 2 Lauren 3
ZUMBA 1 10:00-11:00AM Studio A Cheryl 2 3	CARDIO TABATAS 8:00-8:55AM Studio A 2 Donna 3	INTRO TO FITNESS BOXING 1 9:00-9:30AM Studio B 2 Lisa Guerrini 3	HEAT 9:00-10:00AM Gym Court A 2 Kelly R. 3	<b>AWT CORE STRENGTH</b> 8:40-9:45AM Studio A 2 Erin 3	FITNESS 101 1 8:00-9:00AM Studio A 2 Catherine 3	<b>CYCLE</b> 1 9:15-10:15AM Cycle Studio Jen P. 2 3
<b>§:</b> \$5 drop-in  <b>S&amp;C WC:</b> Strength & Conditioning Wellness Center	HIIT 9:00-9:55AM Studio A 2 Kelly R. 3	<b>HIIT/CYCLE</b> 9:15-9:45AM Cycle Studio 2 Sherry 3	<b>CYCLE</b> 1 9:30-10:30AM Cycle Studio 2 Catherine 3	<b>HIIT/CYCLE</b> 9:15-9:45AM Cycle Studio 2 Sherry 3	BARRE 1 9:00-10:00AM Studio A 2 Catherine 3	<b>BODY PUMP</b> 1 9:15-10:30AM Studio A 2 Bob 3
	<b>YOGA</b> 1 9:00-10:00AM Studio B Diana 2 3	FITNESS BOXING 1 9:30-10:30AM Studio B 2 Lisa Guerrini 3	<b>BODY PUMP</b> 1 10:00-11:15AM Studio A 2 Jessica C. 3	ADVANCED FITNESS BOXING 1 9:30-10:30AM Studio B 2 Lisa Guerrini 3	<b>CYCLE</b> 1 9:30-10:30AM Cycle Studio (rotation) 2 3	<b>BEGINNER YOGA</b> 1 9:30-10:30AM Studio B 2 Kathy H. 3
	HEAT 9:30-10:30AM Gym Court A 2 Sherry 3	TOUGH MOTHERS 1 9:30-10:30AM Gym Court A 2 Mary Lee 3	<b>YOGA</b> 1 10:30-11:30AM Studio B 2 Anna M. 3	BOOT CAMP 9:45-10:45AM Studio A 2 Catherine 3	HEAT 9:30-10:30AM Gym Court A 2 Jessica T. 3	XFIT RIG 9:45-10:45AM S&C WC Jessica R. 2 3
	<b>CYCLE</b> 1 9:30-10:30AM Cycle Studio Catherine 2 3	XFIT RIG 9:30-10:30AM S&C WC Jessica T. 2 3	SILVERSNEAKERS CLASSIC 1 11:15AM-12:00PM Studio A 2 Sandy W. 3	<b>§ TRX EXPRESS</b> 1 9:30-10:15AM S&C WC Jessica T. 2 3	ZUMBA 1 10:00-11:00AM Studio A 2 Rosa 3	ZUMBA 1 10:30-11:30AM Studio A 2 Lisa N. 3
	XFIT RIG INTRO 1 10:00-10:45AM S&C WC Mary Lee 2 3	INTERVAL INSANITY 1 9:45-10:45AM Studio A 2 Catherine 3		TOUGH MOTHERS 1 9:30-10:30AM Gym Court A 2 Mary Lee 3	<b>TRX INTRO</b> 1 10:35-11:05AM S&C WC Jessica T. 2 3	
	<b>BODY PUMP</b> 1 10:00-11:15AM Studio A Rosa 2 3	<b>CYCLE</b> 1 10:00-11:00AM Cycle Studio Erin 2 3		<b>CYCLE</b> 1 10:00-11:00AM Cycle Studio (rotation) 2 3	<b>CYCLE FOR HEALTH</b> 1 10:45-11:15AM Cycle Studio (rotation) 2 3	
	<b>BEGINNER YOGA</b> 1 10:15-11:00AM Studio B Diana 2	ZUMBA 1 10:45-11:45AM Studio A 2 Rosa 3		CORE BALANCE 1 10:45-11:15AM Studio B 2 Catherine 3	<b>SLO-GA YOGA</b> 1 11:00AM-12:00PM Studio B 2 Kathy H. 3	
	<b>CYCLE FOR HEALTH</b> 1 10:45-11:15AM Cycle Studio Catherine 2 3	CORE BALANCE 1 10:45-11:15AM Studio B 2 Catherine 3		ZUMBA 1 10:45-11:45AM Studio A 2 Cheryl 3	<b>WAR</b> 1 11:00-11:45AM Studio A 2 Alicia 3	
	BARRE 1 11:15AM-12:00PM Studio A 2 Sherry 3					

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 Drop-In Schedule

### Fall I: September 2 - October 27, 2018

**AFTERNOON/EVENING SCHEDULE:** Classes available beginning at 12:00PM (morning 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.

§: \$5 drop-in

**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>Alicia</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 <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 <i>Kathy H.</i>
CARDIO TABATAS 1 5:30-6:15PM 2 Studio B <i>Jamie Knauff</i>	TAI CHI 2:00-3:00PM Studio A <i>Xiabo</i>	BODY PUMP 1 5:30-6:45PM 2 Studio A <i>Brenda</i>	CARDIO MIX 5:30-6:30PM 2 Studio B <i>Lauren</i>	
BODY PUMP 1 5:30-6:45PM 2 Studio A <i>Brenda</i>	CARDIO/WEIGHT INTERVALS 1 5:30-6:30PM 2 Studio A <i>Jen P.</i>	INTERVAL INSANITY 1 5:30-6:30PM 2 Studio B <i>Rachel</i>	BARRE 1 5:30-6:30PM 2 Studio A <i>Kristie</i>	
YOGA FLOW 1 6:30-7:30PM 2 Studio B <i>Katie</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>(rotation)</i>	CYCLE 1 6:00-7:00PM 2 Cycle Studio <i>Joella</i>	
CYCLE 1 6:30-7:30PM 2 Cycle Studio <i>Sherry</i>	TRX INTRO 1 5:30-6:00PM 2 S&C WC <i>Kathy H.</i>	§ TRX EXPRESS 1 6:30-7:15PM 2 S&C WC <i>Bob</i>	BODY PUMP 1 6:30-7:45PM 2 Studio A <i>Jessica C.</i>	
§ TRX EXPRESS 1 6:45-7:30PM 2 S&C WC <i>Bob</i>	AWT CORE STRENGTH 1 6:30-7:30PM 2 Studio A <i>Jessica T.</i>	YOGA FLOW 1 6:30-7:30PM 2 Studio B <i>Katie</i>		
ZUMBA 1 7:00-8:00PM 2 Studio A <i>(rotation)</i>	CYCLE 1 6:30-7:30PM 2 Cycle Studio <i>Laura</i>	ZUMBA 1 7:00-8:00PM 2 Studio A <i>Cheryl</i>		
FITNESS BOXING 1 7:30-8:30PM 2 Studio B <i>Lisa Guerrini</i>	X-FIT RIG 1 7:00-8:00pm 2 S&C WC <i>Jessica R.</i>			
BARRE 1 8:00-8:45PM 2 Studio A <i>(rotation)</i>	ZUMBA 1 7:35-8:30PM 2 Studio A <i>Lisa George</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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