



# WE'RE CREATING LASTING CHANGE

## Small Group Training & Chronic Disease Prevention Program Schedule

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

**\*No Classes Monday, September 3rd - Labor Day**

Revised 9/6/18

**S&C WC:**  
Strength &  
Conditioning  
Wellness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRX EXPRESS 5:45AM-6:30AM S&C WC <i>Lisa G.</i>	YOUTH SPEED & AGILITY 4:30PM-5:15PM Court A <i>Kathy H.</i>	EXPRESS WORKOUT 8 9:30AM-10:00AM Cardio Wellness <i>Kathy H.</i>	PICKLEBALL POWER TRAINING 9:00AM-10:00AM Community Room <i>Kathy H.</i>	COUCH TO 5K 8:45AM-9:45AM Lobby <i>Rachel M.</i>	CHOOSE TO LOSE 7:00AM-8:30AM Studio B <i>Alicia B.</i>
DEFINED INTERVENTION 9:00AM-9:45AM S&C WC <i>Jessica T.</i>	TREAD & SHRED INTRO 5:30PM-6:15PM Cardio Wellness <i>Jamie</i>	CHOOSE TO LOSE 9:00AM-10:30AM Studio B <i>Mary Lee</i>	TRX EXPRESS 9:30AM-10:15AM S&C WC <i>Jessica T.</i>	TRX INTRO 10:35AM-11:05AM S&C WC <i>Jessica T.</i>	TREAD & SHRED 7:30AM-8:30AM Cardio Wellness <i>rotation</i>
PICKLEBALL POWER TRAINING 9:00AM-10:00AM Community Room <i>Kathy H.</i>	TRX INTRO 5:30PM-6:00PM S&C WC <i>Kathy H.</i>	DEFINED INTERVENTION 10:00AM-10:45AM S&C WC <i>Jessica T.</i>	TREAD & SHRED 9:45AM-10:45AM Cardio Wellness <i>Erin N.</i>	DELAY THE DISEASE 1:00PM-2:00PM Studio A <i>Kathy H.</i>	
TREAD & SHRED INTRO 9:30AM-10:15AM Cardio Wellness <i>Erin N.</i>	WOW (WOMEN ON WEIGHTS) 6:30PM-7:30PM S&C WC <i>Jamie Kemper</i>	DELAY THE DISEASE 1:00PM-2:00PM Studio A <i>Anna M.</i>	STRONG SENIORS 11:30AM-12:30PM Studio B <i>Lisa M.</i>		
STRONG SENIORS 11:30AM-12:30PM Studio B <i>Lisa M.</i>	DIABETES PREVENTION (DPP) 6:30PM-8:00PM Community Room <i>Laurel / Mary Lee</i>	ABOVE AND BEYOND 4:15PM-5:00PM S&C WC <i>Kathy H.</i>	STRONG SENIORS 12:45PM-1:45PM Studio B <i>Lisa M.</i>		
STRONG SENIORS 12:45PM-1:45PM Studio B <i>Lisa M.</i>		TRX EXPRESS 6:30PM-7:15PM S&C WC <i>Bob</i>	TREAD & SHRED 5:30PM-6:30PM Cardio Wellness <i>Jamie Kemper</i>		
ABOVE AND BEYOND 4:15PM-5:00PM S&C WC <i>Kathy H.</i>		FIT TO FIGHT 7:30PM-8:30PM Studio B <i>Kathy H.</i>	WOW (WOMEN ON WEIGHTS) 6:30PM-7:30PM S&C WC <i>Jamie Kemper</i>		
TRX EXPRESS 6:45PM-7:30PM S&C WC <i>Bob</i>					

### UPCOMING HEALTHY LIVING NUTRITION SEMINARS

**Food Shopping, Preparation, & Cooking**  
Tues., Sept. 25th 6:30PM

**Heart Healthy Eating For Life**  
Tues., Oct. 30th at 6:30PM

**Reducing Sodium Intake**  
Tues., Nov. 27nd 6:00pm

\*Class/Program days and times are subject to change. Classes/Programs listed above may not be available every session.

**QUESTIONS?** Please Contact Kathy Hensler, Healthy Living Director: [khensler@bcfymca.org](mailto:khensler@bcfymca.org) | 724.452.9122 x226

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