



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY. BE STRONG. BELONG!

ADULT/ACTIVE OLDER ADULT/NEW TO EXERCISE

Land Group Exercise Drop-In Schedule

Winter I: January 6 - February 23, 2019

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. | YOGA 1 5:35-6:35AM 2 Studio A 3 Katie | BODY PUMP 1 5:35-6:45AM 2 Studio A 3 Jessica C. | ENDURANCE CYCLE 5:45-7:45AM 2 Cycle Studio 3 Joella |
| PILATES 1 9:00-10:00AM 2 Studio B 3 Marsha | § TRX EXPRESS 1 5:45-6:30AM 2 S&C WC 3 Lisa George | CYCLE 1 5:45-6:45AM 2 Cycle Studio 3 Rachel | HIIT/CYCLE 6:00-6:30AM 2 Cycle Studio 3 Laura | CYCLE 1 5:35-6:35AM 2 Cycle Studio 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. |
| CYCLE 1 9:30-10:30AM 2 Cycle Studio 3 Jen R. | CYCLE 5:45-6:45AM 2 Cycle Studio 3 Jeremiah | AWT CORE STRENGTH 8:40-9:45AM 2 Studio A 3 Erin | STEP INTERVALS 1 8:00-9:00AM 2 Studio A 3 Catherine | XFIT RIG 8:30-9:30AM 2 S&C WC 3 Donna | CYCLE 1 5:45-6:45AM 2 Cycle Studio 3 Jeremiah | CYCLE 1 8:00-9:00AM 2 Cycle Studio 3 (rotation) |
| ZUMBA 1 10:00-11:00AM 2 Studio A 3 Cheryl | CARDIO MIX 8:00-8:55AM 2 Studio A 3 Donna | INTRO TO FITNESS BOXING 1 9:00-9:30AM 2 Studio B 3 Lisa Guerrini | BARRE 1 9:00-10:00AM 2 Studio A 3 Rosa | AWT CORE STRENGTH 8:40-9:45AM 2 Studio A 3 Erin | FITNESS 101 8:00-9:00AM 2 Studio A 3 Catherine | CARDIO MIX 8:15-9:15AM 2 Studio A 3 Lauren |
| YOGA 1 10:30-11:30AM 2 Studio B 3 Sherry C. | HIIT 9:00-9:55AM 2 Studio A 3 Kelly R. | HIIT/CYCLE 9:15-9:45AM 2 Cycle Studio 3 Sherry | HEAT 9:00-10:00AM 2 Gym Court A 3 Kelly R. | HIIT/CYCLE 9:15-9:45AM 2 Cycle Studio 3 Sherry | BARRE 1 9:00-10:00AM 2 Studio A 3 Catherine | CYCLE 1 9:15-10:15AM 2 Cycle Studio 3 Jen P. |
| §: \$5 drop-in S&C WC: Strength & Conditioning Wellness Center LAND & CYCLE GROUP EXERCISE: Ages 14+ welcome! <i>If you are new to group cycle, please plan to arrive 10 minutes before class for bike setup.</i> Youth Policy: Ages 12-13 may attend adult classes with a parent. Youth must be at least 4'4" for proper bike fit. | YOGA 1 9:00-10:00AM 2 Studio B 3 Diana | XFIT RIG 9:15-10:15AM 2 S&C WC 3 Jessica T. | CYCLE 1 9:30-10:30AM 2 Cycle Studio 3 Catherine | ADVANCED FITNESS BOXING 1 9:30-10:30AM 2 Studio B 3 Lisa Guerrini | INTERVAL INSANITY 1 9:30-10:30AM 2 Studio B 3 Amy G. | BODY PUMP 1 9:15-10:30AM 2 Studio A 3 Bob |
| | HEAT 9:30-10:30AM 2 Gym Court A 3 Sherry | FITNESS BOXING 1 9:30-10:30AM 2 Studio B 3 Lisa Guerrini | BODY PUMP 1 10:00-11:15AM 2 Studio A 3 Jessica C. | BOOT CAMP 9:45-10:45AM 2 Studio A 3 Catherine | CYCLE 1 9:30-10:30AM 2 Cycle Studio 3 (rotation) | BEGINNER YOGA 1 9:30-10:30AM 2 Studio B 3 Kathy H. |
| | CYCLE 1 9:30-10:30AM 2 Cycle Studio 3 Catherine | TOUGH MOTHERS 1 9:30-10:30AM 2 Gym Court A 3 Mary Lee | YOGA 1 10:30-11:30AM 2 Studio B 3 Anna M. | § TRX EXPRESS 1 9:30-10:15AM 2 S&C WC 3 Jessica T. | HEAT 9:30-10:30AM 2 Gym Court A 3 Jessica T. | XFIT RIG 9:45-10:45AM 2 S&C WC 3 Jessica R. |
| | BODY PUMP 1 10:00-11:15AM 2 Studio A 3 Rosa | INTERVAL INSANITY 1 9:45-10:45AM 2 Studio A 3 Catherine | SILVERSNEAKERS CLASSIC 1 11:15AM-12:00PM 2 Studio A 3 Sandy W. | TOUGH MOTHERS 1 9:30-10:30AM 2 Gym Court B 3 Mary Lee | ZUMBA 1 10:00-11:00AM 2 Studio A 3 Rosa | ZUMBA 1 10:30-11:30AM 2 Studio A 3 Lisa N. |
| | BEGINNER YOGA 1 10:15-11:00AM 2 Studio B 3 Diana | CYCLE 1 10:00-11:00AM 2 Cycle Studio 3 Erin | | CYCLE 1 10:00-11:00AM 2 Cycle Studio 3 (rotation) | TRX INTRO 1 10:35-11:05AM 2 S&C WC 3 Jessica T. | |
| | CYCLE FOR HEALTH 1 10:45-11:15AM 2 Cycle Studio 3 Catherine | ZUMBA 1 10:45-11:45AM 2 Studio A 3 Rosa | | CORE BALANCE 1 10:45-11:15AM 2 Studio B 3 Catherine | SLO-GA YOGA 1 11:00AM-12:00PM 2 Studio B 3 Katie | |
| | BARRE 1 11:15AM-12:00PM 2 Studio A 3 Sherry | CORE BALANCE 1 10:45-11:15AM 2 Studio B 3 Catherine | | ZUMBA 1 10:45-11:45AM 2 Studio A 3 Cheryl | | |

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 · <http://rose.bcfymca.org>



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ADULT/ACTIVE OLDER ADULT/NEW TO EXERCISE

Land Group Exercise Drop-In Schedule

Winter I: January 6 - February 23, 2019

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.

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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

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>Alicia</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 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> |
| | CARDIO TABATAS 1 5:30-6:15PM 2 Studio B 3 <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 3 <i>Brenda</i> | CARDIO MIX 5:30-6:30PM 2 Studio B 3 <i>Lauren</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>Jen P.</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> | |
| | YOGA FLOW 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> | CYCLE FOR HEALTH 1 5:30-6:00PM 2 Cycle Studio (rotation) | 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 6:00-6:30PM 2 S&C WC 3 <i>Kathy H.</i> | GFF TRIATHLON BRICK WORKOUT 6:05-7:45pm 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> | CYCLE 1 6:00-7:00PM 2 Cycle Studio 3 <i>Laura</i> | § TRX EXPRESS 6:30-7:15PM 2 S&C WC 3 <i>Bob</i> | | |
| | ZUMBA 1 6:45-7:45PM 2 Studio A 3 <i>Alicia</i> | AWT CORE STRENGTH 6:30-7:30PM 2 Studio A 3 <i>Jessica T.</i> | YOGA FLOW 1 6:30-7:30PM 2 Studio B 3 <i>Kathy</i> | | |
| | FITNESS BOXING 1 7:30-8:30PM 2 Studio B 3 <i>Lisa Guerrini</i> | X-FIT RIG 1 7:00-8:00pm 2 S&C WC 3 <i>Jessica R.</i> | ZUMBA 1 7:00-8:00PM 2 Studio A 3 <i>Cheryl</i> | | |
| | | ZUMBA 1 7:35-8:30PM 2 Studio A 3 <i>Lisa George</i> | FIT TO FIGHT 1 7:30-8:30PM 2 Studio B 3 <i>Kathy</i> | | |

LAND & CYCLE GROUP EXERCISE:
Ages 14+ welcome!

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

Youth Policy: Ages 12-13 may attend adult classes with a parent. Youth must be at least 4'4" for proper bike fit.

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