



# WE'RE CREATING LASTING CHANGE

## Small Group Training & Chronic Disease Prevention Program Schedule Winter I: January 6 - February 23, 2019

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

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

\*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

**ROSE E. SCHNEIDER FAMILY YMCA** 2001 Ehrman Rd. Cranberry Twp., PA 16066 [www.bcfymca.org](http://www.bcfymca.org)