



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 II: February 24 - April 13, 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 8:45-9:45AM Studio A Jen Phillips	<b>AWT CORE STRENGTH</b> 5:35-6:35AM Studio A Kathy H.	BARRE 5:35-6:35AM Studio A Lisa George	<b>AWT CORE STRENGTH</b> 5:35-6:35AM Studio A Kathy H.	<b>YOGA</b> 5:35-6:35AM Studio A Katie	<b>BODY PUMP</b> 5:35-6:45AM Studio A Jessica C.	<b>ENDURANCE CYCLE</b> 5:45-7:45AM Cycle Studio Joella
PILATES 9:00-10:00AM Studio B Marsha	<b>TRX EXPRESS</b> 5:45-6:30AM S&C WC Lisa George	<b>CYCLE</b> 5:45-6:45AM Cycle Studio Rachel	<b>HIIT/CYCLE</b> 6:00-6:30AM Cycle Studio Laura	<b>CYCLE</b> 5:35-6:35AM Cycle Studio Erin	XFIT RIG 5:35-6:35AM S&C WC Lisa George	<b>AWT CORE STRENGTH</b> 7:00-8:10AM Studio A Kathy H.
<b>CYCLE</b> 9:30-10:30AM Cycle Studio Jen R.	<b>CYCLE</b> 5:45-6:45AM Cycle Studio Jeremiah	<b>AWT CORE STRENGTH</b> 8:30-9:40AM Studio A Erin	STEP INTERVALS 8:00-9:00AM Studio A Catherine	XFIT RIG 8:30-9:30AM S&C WC Donna	<b>CYCLE</b> 5:45-6:45AM Cycle Studio Jeremiah	<b>CYCLE</b> 8:00-9:00AM Cycle Studio (rotation)
ZUMBA 10:00-11:00AM Studio A Cheryl	CARDIO MIX 8:00-8:55AM Studio A Donna	INTRO TO FITNESS BOXING 9:00-9:30AM Studio B Lisa Guerrini	BARRE 9:00-10:00AM Studio A Rosa	<b>AWT CORE STRENGTH</b> 8:30-9:40AM Studio A Erin	STEP INTERVALS 8:00-9:00AM Studio A Catherine	STEP INTERVALS 8:15-9:15AM Studio A Lauren
<b>YOGA</b> 10:45-11:45AM Studio B Sherry C.	HIIT 9:00-9:55AM Studio A Kelly R.	<b>HIIT/CYCLE</b> 9:15-9:45AM Cycle Studio Sherry	HEAT 9:00-10:00AM Gym Court A Kelly R.	<b>HIIT/CYCLE</b> 9:15-9:45AM Cycle Studio Sherry	BARRE 9:00-10:00AM Studio A Catherine	FIT TO FIGHT 8:30-9:30AM Studio B Kathy
<b>§:</b> \$5 drop-in  <b>S&amp;C WC:</b> Strength & Conditioning Wellness Center  <b>LAND &amp; CYCLE GROUP EXERCISE:</b> Ages 14+ welcome!  If you are new to group cycle, please plan to arrive 10 minutes before class for bike setup.  <b>Youth Policy:</b> Ages 12-13 may attend adult classes with a parent.  Youth must be at least 4'4" for proper bike fit.	<b>YOGA</b> 9:00-10:00AM Studio B Diana	XFIT RIG 9:15-10:15AM S&C WC Jessica T.	<b>CYCLE</b> 9:30-10:30AM Cycle Studio Catherine	ADVANCED FITNESS BOXING 9:30-10:30AM Studio B Lisa Guerrini	INTERVAL INSANITY 9:30-10:30AM Studio B Amy G.	<b>CYCLE</b> 9:15-10:15AM Cycle Studio Jen P.
	HEAT 9:30-10:30AM Gym Court A Sherry	FITNESS BOXING 9:30-10:30AM Studio B Lisa Guerrini	<b>BODY PUMP</b> 10:00-11:15AM Studio A Jessica C.	BOOT CAMP 9:45-10:45AM Studio A Catherine	<b>CYCLE</b> 9:30-10:30AM Cycle Studio (rotation)	<b>BODY PUMP</b> 9:15-10:30AM Studio A Bob
	<b>CYCLE</b> 9:30-10:30AM Cycle Studio Catherine	TOUGH MOTHERS 9:30-10:30AM Gym Court A Mary Lee	<b>YOGA</b> 10:30-11:30AM Studio B Anna M.	<b>§ TRX EXPRESS</b> 9:30-10:15AM S&C WC Jessica T.	HEAT 9:30-10:30AM Gym Court A Jessica T.	<b>BEGINNER YOGA</b> 9:30-10:30AM Studio B Kathy H.
	<b>BODY PUMP</b> 10:00-11:15AM Studio A Rosa	INTERVAL INSANITY 9:45-10:45AM Studio A Catherine	SILVERSNEAKERS CLASSIC 11:15AM-12:00PM Studio A Sandy W.	TOUGH MOTHERS 9:30-10:30AM Gym Court B Mary Lee	ZUMBA 10:00-11:00AM Studio A Rosa	XFIT RIG 9:45-10:45AM S&C WC Jessica R.
	<b>BEGINNER YOGA</b> 10:15-11:00AM Studio B Diana	<b>CYCLE</b> 10:00-11:00AM Cycle Studio Erin		<b>CYCLE</b> 10:00-11:00AM Cycle Studio (rotation)	<b>TRX INTRO</b> 10:35-11:05AM S&C WC Jessica T.	ZUMBA 10:30-11:30AM Studio A Cheryl
	<b>CYCLE FOR HEALTH</b> 10:45-11:15AM Cycle Studio Catherine	ZUMBA 10:45-11:45AM Studio A Rosa		CORE BALANCE 10:45-11:15AM Studio B Catherine	<b>SLO-GA YOGA</b> 11:00AM-12:00PM Studio B Katie	
	BARRE 11:15AM-12:00PM Studio A Sherry	CORE BALANCE 10:45-11:15AM Studio B Catherine		ZUMBA 10:45-11:45AM Studio A Cheryl		
				<b>TRX Fit</b> 11:05AM-12:05PM S&C WC Jessica C.		

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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# BE HEALTHY. BE STRONG. BELONG!

## ADULT/ACTIVE OLDER ADULT/NEW TO EXERCISE

### Land Group Exercise Drop-In Schedule

#### Winter II: February 24 - April 13, 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.

**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 Kristie		SENIOR YOGA 1 12:00-12:45PM 2 Studio A Diana		ZUMBA GOLD 1 12:00-1:00PM 2 Studio A Sandy W.		SENIOR YOGA 1 12:00-12:45PM 2 Studio A Alicia		SILVERSNEAKERS CLASSIC 1 12:00-12:45PM 2 Studio A Alicia	
SAIL 1 1:00PM-2:00PM 2 Studio A Kristie		ZUMBA GOLD 1 1:00-2:00PM 2 Studio A Sandy W.		§ <b>DELAY THE DISEASE</b> 1 1:00-2:00PM 2 Studio A Anna M. 3		LINE DANCING 1 1:00-2:00PM 2 Studio A Alice		§ <b>DELAY THE DISEASE</b> 1 1:00-2:00PM 2 Studio A Kathy H. 3	
CARDIO TABATAS 1 5:30-6:15PM 2 Studio B 3 Jamie Knauff		TAI CHI 2:00-3:00PM Studio A Xiabo		<b>BODY PUMP</b> 1 5:30-6:45PM 2 Studio A 3 Brenda		STEP INTERVALS 5:30-6:30PM 2 Studio B 3 Lauren			
<b>BODY PUMP</b> 1 5:30-6:45PM 2 Studio A 3 Brenda		CARDIO/WEIGHT INTERVALS 1 5:30-6:30PM 2 Studio A 3 Jen P.		INTERVAL INSANITY 1 5:30-6:30PM 2 Studio B 3 Rachel		BARRE 1 5:30-6:30PM 2 Studio A 3 Kristie			
<b>YOGA FLOW</b> 1 6:30-7:30PM 2 Studio B 3 Katie		CARDIO LITE 1 5:30-6:30PM 2 Studio B 3 Kristie		<b>CYCLE FOR HEALTH</b> 1 5:30-6:00PM 2 Cycle Studio (rotation)		<b>CYCLE</b> 1 6:00-7:00PM 2 Cycle Studio 3 Joella			
<b>CYCLE</b> 1 6:30-7:30PM 2 Cycle Studio 3 Sherry		<b>TRX INTRO</b> 1 5:30-6:00PM 2 S&C WC 3 Kathy H.		<b>GFF TRIATHLON BRICK WORKOUT</b> 6:05-7:45pm 2 Cycle Studio 3 Joella		<b>BODY PUMP</b> 1 6:30-7:45PM 2 Studio A 3 Jessica C.			
§ <b>TRX EXPRESS</b> 1 6:45-7:30PM 2 S&C WC 3 Bob		<b>CYCLE</b> 1 6:00-7:00PM 2 Cycle Studio 3 Laura		§ <b>TRX EXPRESS</b> 6:30-7:15PM 2 S&C WC 3 Bob					
ZUMBA 1 6:45-7:45PM 2 Studio A 3 Alicia		<b>AWT CORE STRENGTH</b> 6:30-7:30PM 2 Studio A 3 Jessica T.		<b>YOGA FLOW</b> 1 6:30-7:30PM 2 Studio B 3 Kathy					
FITNESS BOXING 1 7:30-8:30PM 2 Studio B 3 Lisa Guerrini		X-FIT RIG 1 7:00-8:00pm 2 S&C WC 3 Jessica R.		ZUMBA 1 7:00-8:00PM 2 Studio A 3 Cheryl					
		ZUMBA 1 7:35-8:30PM 2 Studio A 3 Lisa George							

**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.

*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.*

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