



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

Session 7: August 28 - October 1, 2022 (5 weeks)

ALL ON-SITE CLASSES (NON-FEE INCLUDED) REQUIRE A RESERVATION VIA THE MOBILE APP.

Reservations open 3 days (72 hours) prior to start of class and close 1 hour prior to start of class.

MORNING SCHEDULE: Classes available until 12:00PM (afternoon/evening schedule available on reverse side)

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 8:45AM-9:45AM 2 Studio A 3 Rotation	CYCLE 1 5:45AM-6:45AM 2 Cycle Studio 3 Jeremiah F.	AWT-CORE STRENGTH 1 5:35AM-6:35AM 2 Studio A & ZOOM 3 Kathy H.	CYCLE 5:45AM-6:45AM 2 Cycle Studio 3 Joella B.	AWT-CORE STRENGTH 5:35AM-6:35AM 2 Studio A & ZOOM 3 Kathy H.	CYCLE 1 5:45AM-6:45AM 2 Cycle Studio 3 Jeremiah F.	AWT-CORE STRENGTH 6:45AM-7:45AM 2 Studio A & FB Live 3 Rachel Mulvey
PILATES 1 9:00AM-10:00AM 2 Studio B 3 Marsha G.	CARDIO LITE 1 7:00AM-8:00AM 2 Outside 3 Mary Lee M.	AWT-CORE STRENGTH 8:30AM-9:45AM 2 Studio A & ZOOM 3 Erin N.	CARDIO LITE 1 7:00AM-8:00AM 2 Outside 3 Mary Lee M.	BOOT CAMP 1 8:00AM-9:00AM 2 S&C WC 3 Catherine T.	CARDIO LITE 1 7:00AM-8:00AM 2 Outside 3 Kathy H.	\$ TRX EXPRESS 1 8:00AM-8:45AM 2 S&C WC 3 Bob P.
ZUMBA 1 10:00AM-11:00AM 2 Studio A 3 Dana M.	CARDIO TABATAS 1 8:00AM-8:45AM 2 Studio A 3 Marla B.	INTRO TO FITNESS BOXING 1 9:00AM-9:30AM 2 Studio B 3 Lisa Guerrini	STEP INTERVALS 1 8:00AM-9:00AM 2 Studio A 3 Catherine T.	AWT-CORE STRENGTH 8:30AM-9:45AM 2 Studio A & ZOOM 3 Erin N.	STEP INTERVALS 1 8:00AM-9:00AM 2 Studio A 3 Kathy H.	CYCLE 1 8:00AM-9:00AM 2 Cycle Studio 3 Brenda P.
CYCLE 1 10:15AM-11:00AM 2 Cycle Studio 3 Marla B.	BODY PUMP 1 9:00AM-10:15AM 2 Studio A 3 Marla B.	INTERVAL INSANITY 9:30AM-10:30AM 2 S&C WC 3 Kathy H.	BARRE 1 9:15AM-10:15AM 2 Studio A & ZOOM 3 Michelle Jones	CORE BALANCE 9:15AM-9:45AM 2 S&C WC 3 Catherine T.	BARRE 1 9:15AM-10:15AM 2 Studio A & ZOOM 3 Dani R.	STEP INTERVALS 1 8:00AM-9:00AM 2 Studio A 3 Lauren L.
HATHA YOGA 1 10:30AM-11:30AM 2 Studio B 3 Dana S.	CYCLE 1 9:00AM-10:00AM 2 Cycle Studio 3 Catherine T.	TOUGH MOTHERS 1 9:30AM-10:30AM 2 Gym Court A 3 Michelle	CYCLE 1 9:15AM-10:15AM 2 Cycle Studio 3 Catherine T.	TOUGH MOTHERS 1 9:30AM-10:30AM 2 Gym Court A 3 Michelle	HEAT 9:30AM-10:30AM 2 Gym Court A 3 (rotation)	YOGA FLOW 9:00AM-10:00AM 2 Studio B 3 Rotation
BODY PUMP 1 11:15AM-12:30PM 2 Studio A 3 Marla B.	HEAT 9:30AM-10:30AM 2 Gym Court A 3 Amy Gilbert	FITNESS BOXING 1 9:30AM-10:30AM 2 Studio B 3 Lisa Guerrini	XFIT RIG 9:30AM-10:30AM 2 S&C WC 3 Amy	FITNESS BOXING ADVANCED 1 9:30AM-10:30AM 2 Studio B 3 Dani R.	CYCLE 1 10:00AM-10:45AM 2 Cycle Studio 3 Jessica C.	BODY PUMP 1 9:15AM-10:30AM 2 Studio A 3 Bob P.
LOCATIONS: FB Live: (Virtual) Facebook Live www.facebook. com/resymca OUTSIDE: Either in the back parking lot corner or pavilion. Instructor will inform class. S&C WC: (Inhouse) Strength & Conditioning Wellness Center	YOGA 1 9:30AM-10:30AM 2 Studio B 3 Diana K.	ZUMBA GOLD 1 10:00AM-11:00AM 2 Studio A & ZOOM 3 Sandy W.	BODY PUMP 1 10:30AM-11:45AM 2 Studio A 3 Marla B.	CYCLE 1 9:30AM-10:30AM 2 Cycle Studio 3 Kristie V.	ZUMBA GOLD 1 10:30AM-11:30AM 2 Studio A & ZOOM 3 Sandy W.	BEGINNER YOGA 1 10:15AM-11:15AM 2 Studio B 3 Rotation
	ZUMBA 1 10:30AM-11:15AM 2 Studio A 3 Cheryl N.	HIIT CYCLE 1 10:00AM-10:30AM 2 Cycle Studio 3 Erin N.	YOGA 1 10:30AM-11:30AM 2 Studio B 3 Catherine T.	ZUMBA 1 10:00AM-11:00AM 2 Studio A & ZOOM 3 Cheryl N.	YOGA 1 11:30AM-12:30PM 2 Studio B 3 Becca R.	ZUMBA 1 10:45AM-11:45AM 2 Studio A & ZOOM 3 Cheryl N.
	TRX INTRO 1 10:45AM-11:15AM 2 S&C WC 3 Kelly R.	Memory Boxing 1 11:00AM-11:45AM 2 Studio B 3 Lisa Guerrini				
	BARRE 1 11:30AM-12:15PM 2 Studio A & FB Live 3 Kelly R.					

LAND & CYCLE GROUP EXERCISE: Ages 14+ welcome! (schedule is subject to change)

- Group exercise classes can be strenuous; please consult your physician. By participating in these classes, you indicate that you have no condition or health problems.
- \$: Drop-in fees (reservation & payment must be made at the Membership Desk): TRX Express \$5, Couples Dancing \$5
- 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.
- It is suggested that all participants bring their own mats.
- To access virtual Zoom classes, reserve your spot through the mobile app; reservation confirmation email will provide instructions to access the class through Virtual Y.
- Facebook Live classes are streamed on the Rose E. Schneider Family YMCA Facebook page; an account is not required.

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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AFTERNOON/EVENING SCHEDULE: Classes available beginning at 12:00PM (morning schedule available on reverse side)

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LOCATIONS:

FB Live:
(Virtual) Facebook Live
www.facebook.com/resymca

OUTSIDE:
Either in the back parking lot corner or pavilion.
Instructor will inform class.

S&C WC:
(Inhouse) Strength & Conditioning Wellness Center

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CARDIO LITE 1 12:30PM-1:30PM 2 Studio A & ZOOM <i>Kristie V.</i>	SENIOR YOGA 1 12:00PM-12:45PM 2 Studio A & ZOOM <i>Diana K.</i>	CARDIO LITE 1 12:00PM-12:45PM 2 Studio A 3 <i>Kristie V.</i>	SENIOR YOGA 1 12:00PM-12:45PM 2 Studio A & ZOOM <i>Nancy</i>	SILVERSNEAKERS CLASSIC 1 12:00PM-12:45PM 2 Studio A & ZOOM <i>Kristie V.</i>	
	SAIL 1 1:45PM-2:45PM 2 Studio A & ZOOM 3 <i>Nancy T.</i>	CARDIO/WEIGHT INTERVALS 1 5:30PM-6:30PM 2 Studio A 3 <i>Jen P.</i>	SAIL 1 1:00PM-2:00PM 2 Studio A & ZOOM 3 <i>Kristie V.</i>	LINE DANCING 1 1:00PM-2:00PM 2 Studio A <i>Alice N.</i>	EXERCISE WITH PARKINSONS 1 1:00PM-2:00PM 2 Studio A & ZOOM 3 <i>Kathy H.</i>	
	BODY PUMP 1 5:30PM-6:45PM 2 Studio A 3 <i>Brenda P.</i>	CYCLE CORE 1 6:00PM-7:00PM 2 Cycle Studio 3 <i>Stacey B.</i>	BODY PUMP 1 5:30PM-6:45PM 2 Studio A 3 <i>Brenda P.</i>	CARDIO INTERVALS 1 5:30PM-6:30PM 2 Studio A 3 <i>Lauren L.</i>		
	CARDIO TABATAS 1 5:30PM-6:15PM 2 Studio B 3 <i>Nancy T.</i>	BARBELL 1 6:30PM-7:30PM 2 Studio A 3 <i>Dana S.</i>	PILATES 1 5:30PM-6:15PM 2 Studio B 3 <i>Dana S.</i>	DIABETES PREVENTION PROGRAM (DPP) 1 6:30PM-8:00PM 2 Studio B & ZOOM <i>Kristie V.</i>		
	YOGA 1 6:30PM-7:30PM 2 Studio B 3 <i>Nancy T.</i>		X-FIT RIG 1 6:00PM-7:00PM 2 Gym Court A (1/2) 3 <i>Jamie Knauff</i>	ZUMBA 1 7:00PM-8:00PM 2 Studio A 3 <i>Andrea W.</i>		
	CYCLE 1 6:45PM-7:45PM 2 Cycle Studio 3 <i>Brenda P.</i>		YOGA FLOW 6:30PM-7:30PM 2 Studio B 3 <i>Stacey B.</i>			
	§ TRX EXPRESS 1 6:45PM-7:30PM 2 S&C WC 3 <i>Bob P.</i>					
	ZUMBA 1 7:00PM-8:00PM 2 Studio A & ZOOM 3 <i>Cheryl N.</i>					

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