



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 8: October 2-November 5, 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 5: 45AM-6: 45AM 2 Cycle Studio 3 Jeremiah F.	AWT-CORE STRENGTH 6: 45AM-7: 45AM 2 Studio A & FB Live 3 Rachel M.
PILATES 1 9: 00AM-10: 00AM 2 Studio B 3 Marsha G.	CARDIO LITE 1 7: 00AM-8: 00AM 2 Studio A. 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.	CORE BALANCE 8: 15AM-8: 45AM 2 S&C WC 3 Catherine T.	CARDIO LITE 1 6: 45AM-7: 45AM 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	BOOT CAMP 1 9: 00AM-10: 00AM 2 S&C WC 3 Catherine T.	HITT CYCLE 1 9: 00AM-9: 45AM 2 Cycle Studio 3 Rotation	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	BARRE 1 9: 15AM-10: 15AM 2 Studio A & ZOOM 3 Dani R.	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.	HEAT 9: 30AM-10: 30AM 2 Gym Court A 3 Michelle Jones	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 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)

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.

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	SENIOR YOGA	CARDIO LITE	SENIOR YOGA	SILVERSNEAKERS CLASSIC	
1	12:30PM-1:30PM	12:00PM-12:45PM	12:00PM-12:45PM	12:00PM-12:45PM	12:00PM-12:45PM	
2	Studio A & ZOOM	Studio A & ZOOM	Studio A	Studio A & ZOOM	Studio A & ZOOM	
	<i>Kristie V.</i>	<i>Diana K.</i>	<i>Kristie V.</i>	<i>Nancy</i>	<i>Kristie V.</i>	
	SAIL	CANCERFIT	SAIL	LINE DANCING	EXERCISE WITH PARKINSONS	
1	1:45PM-2:45PM	1:00PM-2:00PM	1:00PM-2:00PM	1:00PM-2:00PM	1:00PM-2:00PM	
2	Studio A & ZOOM	Studio A	Studio A & ZOOM	Studio A	Studio A & ZOOM	
3	<i>Nancy T.</i>	<i>Nancy T.</i>	<i>Kristie V.</i>	<i>Alice N.</i>	<i>Kathy H.</i>	
	BODY PUMP	CARDIO/WEIGHT INTERVALS	BODY PUMP	CARDIO INTERVALS		
1	5:30PM-6:45PM	5:30PM-6:30PM	5:30PM-6:45PM	5:30PM-6:30PM		
2	Studio A	Studio A	Studio A	Studio A		
3	<i>Brenda P.</i>	<i>Jen P.</i>	<i>Brenda P.</i>	<i>Lauren L.</i>		
	CARDIO TABATAS	CYCLE CORE	PILATES	DIABETES PREVENTION PROGRAM (DPP)		
1	5:30PM-6:15PM	6:00PM-7:00PM	5:30PM-6:15PM	6:30PM-8:00PM		
2	Studio B	Cycle Studio	Studio B	Studio B & ZOOM		
3	<i>Nancy T.</i>	<i>Stacey B.</i>	<i>Dana S.</i>	<i>Kristie V.</i>		
	YOGA	BARRE	X-FIT RIG	ZUMBA		
1	6:30PM-7:30PM	6:30PM-7:30PM	6:00PM-7:00PM	7:00PM-8:00PM		
2	Studio B	Studio A	Gym Court A (½)	Studio A		
3	<i>Nancy T.</i>	<i>Dana S.</i>	<i>Jamie Knauff</i>	<i>Andrea W.</i>		
	CYCLE		YOGA FLOW			
1	6:45PM-7:45PM		6:30PM-7:30PM			
2	Cycle Studio		Studio B			
3	<i>Brenda P.</i>		<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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