



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

Spring 2024: March 3 - June 1 (15 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 5:45AM-6:45AM 2 Studio B 3 Deb	AWT-CORE STRENGTH 5:35AM-6:35AM 2 Studio A & ZOOM 3 Kathy H.	CYCLE 5:45AM-6:45AM 2 Studio B 3 Joella B.	AWT-CORE STRENGTH 5:35AM-6:35AM 2 Studio A & ZOOM 3 Kathy H.	CYCLE 5:45AM-6:45AM 2 Studio B 3 Deb G.	CYCLE ENDURANCE 5:45AM-7:45AM 2 Studio B 3 Joella	
PILATES 9:00AM-10:00AM 2 Studio C 3 Marsha G.	CARDIO LITE 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 7:00AM-8:00AM 2 Studio A 3 Mary Lee M.	BOOTCAMP 8:30AM-9:30AM 2 Gym A 3 Erica G.	CARDIO LITE 6:45AM-7:45AM 2 Studio A 3 Mary Lee M.	AWT-CORE STRENGTH 6:45AM-7:45AM 2 Studio A & Zoom 3 Rachel M.	
ZUMBA 9:00AM-10:00AM MPR LeAnn	CARDIO TABATAS 8:00AM-8:45AM 2 Studio A 3 Marla	LOW IMPACT BOXING 8:30AM-9:00AM 2 Studio C 3 Lisa Guerrini	STEP INTERVALS 8:05AM-9:00AM 2 Studio A 3 Erica	AWT-CORE STRENGTH 8:30AM-9:45AM 2 Studio A & ZOOM 3 Erin N.	STEP INTERVALS 8:00AM-9:00AM 2 Studio A 3 Kathy H.	\$ TRX EXPRESS 8:00AM-8:45AM 2 S&C WC 3 Bob P.	
CYCLE 10:15AM-11:00AM 2 Studio B 3 Marla B.	BODY PUMP 9:00AM-10:15AM 2 Studio A 3 Marla B.	BEGINNER YOGA 9:00AM-10:00AM 2 Multipurpose Room 3 Brooke	BARRE 9:15AM-10:15AM 2 Studio A 3 Michelle Jones	FITNESS BOXING ADVANCED 9:15AM-10:15AM 2 Studio C 3 Dani R.	CYCLE HIIT 9:00AM-9:30AM 2 Studio B 3 Erin N.	CYCLE 8:00AM-9:00AM 2 Studio B 3 Brenda P.	
YOGA 10:15AM-11:15AM 2 Multipurpose Room 3 Dana S.	CYCLE 9:00AM-10:00AM 2 Studio B 3 Judy	FITNESS BOXING 9:15AM-10:15AM 2 Studio C 3 Lisa Guerrini	CYCLE 9:15AM-10:15AM 2 Studio B 3 Cat T.	CYCLE 9:30AM-10:30AM 2 Studio B 3 Kristie V.	BARRE 9:15AM-10:15AM 2 Studio A & ZOOM 3 Dani R.	STEP INTERVALS 8:00AM-9:00AM 2 Studio A 3 Lauren L.	
BODY PUMP 11:15AM-12:30PM 2 Studio A 3 Marla B.	YOGA 9:00AM-10:00AM 2 Multipurpose Room 3 Diana K.	INTERVAL INSANITY 9:30AM-10:30AM 2 Gym A 3 Kaycee A.	XFIT RIG 9:30AM-10:30AM 2 S&C WC 3 Sarah B.	TOUGH MOTHERS 9:45AM-10:45AM 2 Gym Court A 3 Chelsea F.	YOGA 9:30AM-10:30PM 2 Studio C 3 Catherine T.	YOGA FLOW 9:00AM-10:00AM 2 Studio C 3 Rotation	
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: (In-house) Strength & Conditioning Wellness Center	HEAT 9:30AM-10:30AM 2 Gym Court A 3 Kathy H.	TOUGH MOTHERS 9:45AM-10:45AM 2 Gym Court B 3 Chelsea F.	BODY PUMP 10:30AM-11:45AM 2 Studio A 3 Lisa G.	ZUMBA 10:00AM-11:00AM 2 Studio A 3 Cheryl N.	HIIT 9:30AM-10:30AM 2 Gym Court A 3 Kaycee A.	CYCLE RHYTHM 9:15AM-10:00AM 2 Studio B 3 Sarah	
	CYCLE INTRO 10:15AM-10:45AM 2 Studio B 3 Judy Ellis	ZUMBA GOLD 10:00AM-11:00AM 2 Studio A & ZOOM 3 Sandy W.	YOGA 10:30AM-11:30AM 2 Studio C 3 Kelly R.	CORE BALANCE 11:15AM-11:45AM 2 Studio A 3 Kaycee A.	ZUMBA GOLD 10:30AM-11:30AM 2 Studio A & ZOOM 3 Sandy W.	BODY PUMP 9:15AM-10:30AM 2 Studio A 3 Bob P.	
	ZUMBA 10:15AM-11:15AM 2 Studio A 3 Cheryl N.	CYCLE HIIT 10:00AM-10:30AM 2 Studio B 3 Erin N.					BEGINNER YOGA 10:15AM-11:15AM 2 Studio C 3 Rotation
	TRX INTRO 10:45AM-11:15AM 2 S&C WC 3 Sarah					ZUMBA 10:45AM-11:45AM 2 Studio A 3 Cheryl N.	

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



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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!
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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:
(In-house) 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 <i>Kristie V.</i>	Studio A <i>Diana K.</i>	Studio A <i>Judy E.</i>	Studio A <i>Dana S.</i>	Studio A & ZOOM <i>Sandy W.</i>	
3						
	SAIL	HIIT	SAIL	LINE DANCING	EXERCISE WITH PARKINSONS	
1	1:45PM-2:45PM	5:30PM-6:30PM	1:00PM-2:00PM	1:00PM-2:00PM	1:00PM-2:00PM	
2	Studio A & ZOOM <i>Nancy T.</i>	Studio A <i>Lauren L.</i>	Studio A & ZOOM <i>Judy E.</i>	Studio A <i>Alice N.</i>	Studio A <i>Kathy H.</i>	
3						
	BODY PUMP	CYCLE CORE	BARBELL 45	HIIT		
1	5:30PM-6:45PM	6:00PM-7:00PM	4:15pm-5:00pm	5:30PM-6:30PM		
2	Studio A <i>Brenda P.</i>	Studio B <i>Stacey B.</i>	Studio A Rotation	Studio A <i>Lauren L.</i>		
3						
	CARDIO TABATAS		BODY PUMP	ZUMBA		
1	5:30PM-6:15PM		5:30PM-6:45PM	7:00PM-8:00PM		
2	Studio B <i>Dana S.</i>		Studio A <i>Brenda P.</i>	Studio A <i>Andrea W.</i>		
3						
	YOGA		PILATES			
1	6:30PM-7:30PM		5:30PM-6:15PM			
2	Studio C <i>Nancy T.</i>		Studio B <i>Marsha</i>			
3						
	CYCLE		X-FIT RIG			
1	6:45PM-7:45PM		6:00PM-7:00PM			
2	Studio B <i>Brenda P.</i>		Gym Court A (½) <i>Sarah</i>			
3						
	§ TRX EXPRESS		YOGA FLOW			
1	6:45PM-7:30PM		6:30PM-7:30PM			
2	S&C WC <i>Bob P.</i>		Studio C <i>Stacey B.</i>			
3						
	ZUMBA		ZUMBA			
1	7:00PM-8:00PM		7:00PM-8:00PM			
2	Studio A <i>Denise H.</i>		Studio A <i>Denise H.</i>			
3						

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