



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

#### Summer 2024

#### June 2nd - August 31st

**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 Studio B 3 Deb	AWT-CORE STRENGTH 1 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 1 5:45AM-6:45AM 2 Studio B 3 Deb G.	AWT-CORE STRENGTH 6:45AM-7:45AM 2 Studio A & Zoom 3 Rachel M.	
PILATES 1 9:00AM-10:00AM 2 Studio C 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.	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.	TRX EXPRESS 1 8:00AM-8:45AM 2 S&C WC 3 Bob P.	
ZUMBA 1 9:00AM-10:00AM 2 MPR 3 LeAnn	CARDIO TABATAS 1 8:00AM-8:45AM 2 Studio A 3 Marla	BEGINNER YOGA 1 9:00AM-10:00AM 2 Multipurpose Room 3 Brooke	STEP INTERVALS 1 8:05AM-9:00AM 2 Studio A 3 Erica	FITNESS BOXING ADVANCED 1 9:15AM-10:15AM 2 Studio C 3 Dani R.	CYCLE HIIT 1 9:00AM-9:30AM 2 Studio B 3 Erin N.	CYCLE 1 8:00AM-9:00AM 2 Studio B 3 Brenda P.	
CYCLE 1 10:15AM-11:00AM 2 Studio B 3 Marla B.	BODY PUMP 1 9:00AM-10:15AM 2 Studio A 3 Marla B.	FITNESS BOXING 1 9:15AM-10:15AM 2 Studio C 3 Lisa Guerrini	BARRE 1 9:15AM-10:15AM 2 Studio A 3 Michelle Jones	CYCLE 1 9:30AM-10:30AM 2 Studio B 3 Kristie V.	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.	
YOGA 1 10:15AM-11:15AM 2 Multipurpose Room 3 Dana S.	CYCLE 1 9:00AM-10:00AM 2 Studio B 3 Judy	INTERVAL INSANITY 1 9:30AM-10:30AM 2 Gym A 3 Kaycee A.	CYCLE 1 9:00AM-10:00AM 2 Studio B 3 Cat T.	TOUGH MOTHERS 1 9:30AM-10:30AM 2 Gym Court A 3 Chelsea F.	YOGA 1 9:30AM-10:30PM 2 Studio C 3 Catherine T.	YOGA FLOW 9:00AM-10:00AM 2 Studio C 3 Rotation	
BODY PUMP 1 11:15AM-12:30PM 2 Studio A 3 Marla B.	YOGA 1 9:00AM-10:00AM 2 Multipurpose Room 3 Diana K.	TOUGH MOTHERS 9:30AM-10:30AM 2 Gym Court A 3 Chelsea F.	XFIT RIG 9:30AM-10:30AM 2 S&C WC 3 Sarah B.	ZUMBA 1 10:00AM-11:00AM 2 Studio A 3 Cheryl N.	HIIT 9:30AM-10:30AM 2 Gym Court A 3 Kaycee A.	CYCLE RHYTHM 1 9:15AM-10:00AM 2 Studio B 3 Sarah	
<b>LOCATIONS:</b>  <b>FB Live:</b> (Virtual) Facebook Live www.facebook.com/resymca  <b>OUTSIDE:</b> Either in the back parking lot corner or pavilion. Instructor will inform class.  <b>S&amp;C WC:</b> (In-house) Strength & Conditioning Wellness Center	HEAT 1 9:30AM-10:30AM 2 Gym Court A 3 Vera Z.	ZUMBA GOLD 1 10:00AM-11:00AM 2 Studio A 3 Sandy W.	BODY PUMP 1 10:30AM-11:45AM 2 Studio B 3 Lisa G.	CORE BALANCE 1 11:15AM-11:45AM 2 Studio A 3 Kaycee A.		BODY PUMP 1 9:15AM-10:30AM 2 Studio A 3 Bob P.	
	CYCLE INTRO 1 10:15AM-10:45AM 2 Studio B 3 Judy Ellis	CYCLE HIIT 1 10:00AM-10:30AM 2 Studio B 3 Erin N.	YOGA 1 10:30AM-11:30AM 2 Studio C 3 Kelly R.				XFIT RIG 1 9:15AM-10:15AM 2 Strength Center 3 Vera
	ZUMBA 1 10:15AM-11:15AM 2 Studio A 3 Cheryl N.						BEGINNER YOGA 1 10:15AM-11:15AM 2 Studio C 3 Rotation
	TRX INTRO 1 10:45AM-11:15AM 2 S&C WC 3 Kelly R.						ZUMBA 1 10:45AM-11:45AM 2 Studio A 3 Cheryl N.
	BARRE 1 11:30AM-12:15PM 2 Studio A & ZOOM 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 · www.bcfymca.org | updated 5/29/24



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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:**  
(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 & ZOOM <i>Diana K.</i>	Studio A <i>Judy E.</i>	Studio A & ZOOM <i>Nancy T.</i>	Studio A & ZOOM <i>Kristie V.</i>	
	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	ZUMBA	SENIOR YOGA	HIIT		
1	5:30PM-6:45PM	7:00PM-8:00PM	2:00PM-3:00PM	5:30PM-6:30PM		
2	Studio A <i>Brenda P.</i>	Studio A <i>Andrea W.</i>	Studio A <i>Judy E.</i>	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 C <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 C <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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