



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

Fall 2024

September 1st - November 30th

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 8:15AM-9:30AM 2 Studio A & ZOOM 3 Erin N.	CARDIO LITE 1 7:00AM-8:00AM 2 Outside 3 Mary Lee M.	AWT-CORE STRENGTH 8:15AM-9:30AM 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	INTRO BOXING 1 8:45AM-9:15AM 2 Studio C 3 Lisa G.	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 HITT 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.	BEGINNER YOGA 1 9:00AM-10:00AM 2 Multipurpose Room 3 Brooke	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	FITNESS BOXING 1 9:15AM-10:15AM 2 Studio C 3 Lisa Guerrini	CYCLE 1 9:00AM-10:00AM 2 Studio B 3 Cat T.	TOUGH MOTHERS 1 9:30AM-10:30AM 2 Gym 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.	INTERVAL INSANITY 1 9:30AM-10:30AM 2 Gym B 3 Kaycee A.	XFIT RIG 9:30AM-10:30AM 2 S&C WC 3 Sarah B.	INTERVAL INSANITY 1 9:30AM-10:30AM 2 Gym B 3 Kaycee A.	HIIT 9:30AM-10:30AM 2 Gym Court A 3 Kaycee A.	CYCLE RHYTHM 1 9:15AM-10:00AM 2 Studio B 3 Sarah	
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 1 9:30AM-10:30AM 2 Gym Court A 3 Sarah B.	TOUGH MOTHERS 9:30AM-10:30AM 2 Gym A 3 Chelsea F.	BODY PUMP 1 10:30AM-11:45AM 2 Studio A 3 Lisa G.	ZUMBA 1 10:00AM-11:00AM 2 Studio A 3 Cheryl N.	ZUMBA GOLD 1 10:30AM-11:30AM 2 Studio A 3 Sandy W.	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	ZUMBA GOLD 1 10:00AM-11:00AM 2 Studio A 3 Sandy W.	YOGA 1 10:30AM-11:30AM 2 Studio C 3 Kelly R.	CORE BALANCE 1 11:15AM-11:45AM 2 Studio A 3 Kaycee A.	BEGINNER YOGA 1 10:15AM-11:15AM 2 Studio C 3 Rotation		
	ZUMBA 1 10:15AM-11:15AM 2 Studio A 3 Cheryl N.	CYCLE HIIT 1 9:45AM-10:15AM 2 Studio B 3 Erin N.			ZUMBA 1 10:45AM-11:45AM 2 Studio A 3 Cheryl N.		
	TRX INTRO 1 10:45AM-11:15AM 2 S&C WC 3 Kelly R.						
	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



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 Fall 2024

September 1st - November 30th

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.

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 1 12:30PM-1:30PM 2 Studio A & ZOOM Kristie V.	SENIOR YOGA 1 12:00PM-12:45PM 2 Studio A & ZOOM Diana K.	CARDIO LITE 1 12:00PM-12:45PM 2 Studio A 3 Judy E.	SENIOR YOGA 1 12:00PM-12:45PM 2 Studio A & ZOOM Nancy T.	SILVERSNEAKERS CLASSIC 1 12:00PM-12:45PM 2 Studio A & ZOOM Kristie V.	
	SAIL 1 1:45PM-2:45PM 2 Studio A & ZOOM 3 Nancy T.	HIIT 5:30PM-6:30PM 2 Studio A 3 Lauren L.	SAIL 1 1:00PM-2:00PM 2 Studio A & ZOOM 3 Judy E.	LINE DANCING 1 1:00PM-2:00PM 2 Studio A 3 Alice N.	EXERCISE WITH PARKINSONS 1 1:00PM-2:00PM 2 Studio A 3 Kathy H.	
	BODY PUMP 1 5:30PM-6:45PM 2 Studio A 3 Brenda P.	ZUMBA 1 7:00PM-8:00PM 2 Studio A 3 Andrea W.	SENIOR YOGA 2:00PM-3:00PM Studio A Judy E.	BARRE 1 4:30PM-5:15PM 2 Studio A 3 Dana S.		
	CARDIO TABATAS 1 5:30PM-6:15PM 2 Studio C 3 Dana S.		BODY PUMP 1 5:30PM-6:45PM 2 Studio A 3 Brenda P.	HIIT 1 5:30PM-6:30PM 2 Studio A 3 Lauren L.		
	YOGA 1 6:30PM-7:30PM 2 Studio C 3 Nancy T.		PILATES 1 5:30PM-6:15PM 2 Studio C 3 Marsha	ZUMBA 1 7:00PM-8:00PM 2 Studio A 3 Andrea W.		
	CYCLE 1 6:45PM-7:45PM 2 Studio B 3 Brenda P.		X-FIT RIG 1 6:00PM-7:00PM 2 Gym Court A (½) 3 Sarah			
	§ TRX EXPRESS 1 6:45PM-7:30PM 2 S&C WC 3 Bob P.		YOGA FLOW 6:30PM-7:30PM 2 Studio C 3 Stacey B.			
	ZUMBA 1 7:00PM-8:00PM 2 Studio A 3 LeAnn		ZUMBA 1 7:00PM-8:00PM 2 Studio A 3 LeAnn			
	BARRE 1 8:00PM-8:30PM 2 Studio A 3 LeAnn					

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 and 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 8/30/24