



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 2025

March 2nd - May 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: 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
<b>SWEAT &amp; STRENGTH</b> 8:45AM-9:45AM 2 Studio A 3 Rotation	<b>CYCLE</b> 1 5:45AM-6:45AM 2 Studio B 3 Deb	<b>AWT-CORE STRENGTH</b> 1 5:35AM-6:35AM 2 Studio A & ZOOM 3 Kathy H.	<b>CYCLE</b> 1 5:45AM-6:45AM 2 Studio B 3 Joella B.	<b>AWT-CORE STRENGTH</b> 1 5:35AM-6:35AM 2 Studio A & ZOOM 3 Kathy H.	<b>CYCLE</b> 1 5:45AM-6:45AM 2 Studio B 3 Deb G.	<b>ENDURANCE CYCLE</b> 1 5:45AM-7:45AM 2 Studio B 3 Joella B.
<b>PILATES</b> 1 9:00AM-10:00AM 2 Studio C 3 Marsha G.	<b>CARDIO LITE</b> 1 7:00AM-8:00AM 2 Studio A 3 Cindy	<b>AWT-CORE STRENGTH</b> 1 8:15AM-9:30AM 2 Studio A & ZOOM 3 Erin N.	<b>CARDIO LITE</b> 1 7:00AM-8:00AM 2 Studio A 3 Cindy	<b>AWT-CORE STRENGTH</b> 1 8:15AM-9:30AM 2 Studio A & ZOOM 3 Erin N.	<b>CARDIO LITE</b> 1 7:00AM-8:00AM 2 Studio A 3 Cindy	<b>AWT-CORE STRENGTH</b> 1 6:45AM-7:45AM 2 Studio A & Zoom 3 Rachel M.
<b>CYCLE</b> 1 10:15AM-11:00AM 2 Studio B 3 Marla B.	<b>CARDIO TABATAS</b> 1 8:00AM-8:45AM 2 Studio A 3 Marla B.	<b>YOGA</b> 1 9:00AM-10:00AM 2 Multipurpose Room 3 Catherine	<b>STEP INTERVALS</b> 1 8:05AM-9:00AM 2 Studio A 3 Erica	<b>FITNESS BOXING ADVANCED</b> 1 9:15AM-10:15AM 2 Studio C 3 Dani R.	<b>STEP</b> 1 8:00AM-9:00AM 2 Studio A 3 Kathy H.	<b>TRX EXPRESS</b> 1 8:00AM-8:45AM 2 S&C WC 3 Bob P.
<b>YOGA</b> 1 10:15AM-11:15AM 2 Multipurpose Room 3 Dana S.	<b>BODY PUMP</b> 1 9:00AM-10:15AM 2 Studio A 3 Marla B.	<b>FITNESS BOXING</b> 1 9:15AM-10:15AM 2 Studio C 3 Lisa Guerrini	<b>BARRE</b> 1 9:15AM-10:15AM 2 Studio A 3 Michelle Jones	<b>CYCLE</b> 1 9:30AM-10:30AM 2 Studio B 3 Kristie V.	<b>CYCLE HIIT</b> 1 9:00AM-9:30AM 2 Studio B 3 Erin N.	<b>CYCLE</b> 1 8:00AM-9:00AM 2 Studio B 3 Brenda P.
<b>BODY PUMP</b> 1 11:15AM-12:30PM 2 Studio A 3 Marla B.	<b>YOGA</b> 1 9:00AM-10:00AM 2 Multipurpose Room 3 Diana K.	<b>INTERVAL INSANITY</b> 1 9:30AM-10:30AM 2 Gym B 3 Kaycee A.	<b>CYCLE</b> 1 9:00AM-10:00AM 2 Studio B 3 Cat T.	<b>TOUGH MOTHERS</b> 1 9:30AM-10:30AM 2 Gym A 3 Chelsea F.	<b>BARRE</b> 1 9:15AM-10:15AM 2 Studio A & ZOOM 3 Dani R.	<b>STEP INTERVALS</b> 1 8:00AM-9:00AM 2 Studio A 3 Lauren L.
<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	<b>HEAT</b> 1 9:30AM-10:30AM 2 Gym Court A 3 Sarah B.	<b>TOUGH MOTHERS</b> 1 9:30AM-10:30AM 2 Gym A 3 Chelsea F.	<b>XFIT RIG</b> 1 9:30AM-10:30AM 2 S&C WC 3 Sarah B.	<b>INTERVAL INSANITY</b> 1 9:30AM-10:30AM 2 Gym B 3 Kaycee A.	<b>BEGINNER YOGA</b> 1 9:30AM-10:30AM 2 Studio C 3 Brooke	<b>YOGA FLOW</b> 1 9:00AM-10:00AM 2 Studio C 3 Rotation
	<b>CYCLE HIIT</b> 1 10:00AM-10:30AM 2 Studio B 3 Kathy	<b>ZUMBA GOLD</b> 1 9:45AM-10:45AM 2 Studio A 3 Sandy W.	<b>BODY PUMP</b> 1 10:30AM-11:45AM 2 Studio A 3 Lisa G.	<b>ZUMBA</b> 1 10:00AM-11:00AM 2 Studio A 3 Cheryl N.	<b>HIIT</b> 1 9:30AM-10:30AM 2 Gym Court A 3 Kaycee A.	<b>BODY PUMP</b> 1 9:15AM-10:30AM 2 Studio A 3 Bob P.
	<b>ZUMBA</b> 1 10:15AM-11:15AM 2 Studio A 3 Cheryl N.	<b>CYCLE HIIT</b> 1 9:45AM-10:15AM 2 Studio B 3 Erin N.	<b>YOGA</b> 1 10:30AM-11:30AM 2 Studio C 3 Kelly R.	<b>TRX</b> 1 10:30AM-11:15AM 2 S&C WC 3 Sarah B.	<b>ZUMBA GOLD</b> 1 10:30AM-11:30AM 2 Studio A 3 Sandy W.	<b>BEGINNER YOGA</b> 1 10:15AM-11:15AM 2 Studio C 3 Rotation
	<b>TRX INTRO</b> 1 10:45AM-11:15AM 2 S&C WC 3 Kelly R.			<b>CORE BALANCE</b> 1 11:15AM-11:45AM 2 Studio A 3 Kaycee A.		<b>ZUMBA</b> 1 10:45AM-11:45AM 2 Studio A 3 Cheryl N.
	<b>BARRE</b> 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.

**QUESTIONS?** Please Contact Kathy Hensler, Healthy Living Director: khensler@bcfymca.org | 724.452.9122 x226



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AFTERNOON/EVENING: 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 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 Nancy T.	LINE DANCING 1:00PM-2:00PM Studio A Cheryl	SAIL 1 1:00PM-2:00PM 2 Studio A & ZOOM Judy E.	LINE DANCING 1 1:00PM-2:00PM 2 Studio A Alice N.	EXERCISE WITH PARKINSONS 1 1:00PM-2:00PM 2 Studio A Kathy H.	
	BODY PUMP 1 5:30PM-6:45PM 2 Studio A Brenda P.	SWEAT & STRENGTH 1 5:30PM-6:30PM 2 Studio A Lauren L.	SENIOR YOGA 2:00PM-3:00PM Studio A Judy E.	BARRE 1 4:30PM-5:15PM 2 Studio A Dana S.		
	CARDIO TABATAS 1 5:30PM-6:15PM 2 Studio C Dana S.	ZUMBA 1 7:00PM-8:00PM 2 Studio A Andrea W.	PILATES 1 5:30PM-6:15PM 2 Studio C Marsha	SWEAT & STRENGTH 1 5:30PM-6:30PM 2 Studio A Lauren L.		
	YOGA 1 6:30PM-7:30PM 2 Studio C Nancy T.		X-FIT RIG 1 6:00PM-7:00PM 2 Gym Court A (1/2) Sarah	KICKBOXING SCULPT 6:30PM-7:30PM Studio C Dana S.		
	CYCLE 1 6:45PM-7:45PM 2 Studio B Brenda P.		YOGA FLOW 6:30PM-7:30PM 2 Studio C Stacey B.	MEDITATION YOGA 1 6:30PM-7:30PM Community Room Staff		
	§ TRX EXPRESS 1 6:45PM-7:30PM 2 S&C WC Bob P.		CYCLE 1 6:30PM-7:30PM 2 Studio B Amelia	ZUMBA 1 7:00PM-8:00PM 2 Studio A Andrea W.		
	ZUMBA 1 7:00PM-8:00PM 2 Studio A LeAnn		BODY PUMP 1 6:45PM-7:45PM 2 Studio A Jen K.			
	BARRE 1 8:00PM-8:30PM 2 Studio A LeAnn					

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**ROSE E. SCHNEIDER FAMILY YMCA** · 2001 Ehrman Rd. Cranberry Twp., PA 16066 · www.bcfymca.org

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