



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

Winter 2025

November 30th - March 1st, 2026

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
SWEAT & STRENGTH 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 1 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 Studio A 3 Cindy	AWT-CORE STRENGTH 8:15AM-9:30AM 2 Studio A & ZOOM 3 Erin N.	CARDIO LITE 1 7:00AM-8:00AM 2 Studio A 3 Cindy	AWT-CORE STRENGTH 8:15AM-9:30AM 2 Studio A & ZOOM 3 Erin N.	STEP 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.
CYCLE 1 10:15AM-11:00AM 2 Studio B 3 Marla B.	CARDIO TABATAS 1 8:00AM-8:45AM 2 Studio A 3 Marla B.	FITNESS BOXING 1 9:15AM-10:15AM 2 Studio C 3 Lisa Guerrini	BARRE (UP LEVEL) 8:00AM-9:00AM 2 Studio A 3 Michelle J.	YOGA 1 9:00AM-10:00AM 2 Multipurpose Room 3 Catherine	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.
YOGA 1 10:15AM-11:15AM 2 Multipurpose Room 3 Dana S.	BODY PUMP 1 9:00AM-10:15AM 2 Studio A 3 Marla B.	INTERVAL INSANITY 1 9:30AM-10:30AM 2 Gym B 3 Brittany H.	CYCLE 1 9:00AM-10:00AM 2 Studio B 3 Cat T.	FITNESS BOXING ADVANCED 1 9:15AM-10:15AM 2 Studio C 3 Dani R.	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.
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.	ZUMBA GOLD 1 9:45AM-10:45AM 2 Studio A 3 Sandy W.	BODY PUMP 1 9:15AM-10:30AM 2 Studio A 3 Lisa G.	CYCLE 1 9:30AM-10:30AM 2 Studio B 3 Kristie V.	BEGINNER YOGA 1 9:30AM-10:30AM 2 Studio C 3 Brooke	YOGA FLOW 9:00AM-10:00AM 2 Studio C 3 Rotation
LOCATIONS: 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.	CYCLE HIIT 1 9:45AM-10:15AM 2 Studio B 3 Erin N.	XFIT RIG 9:30AM-10:30AM 2 S&C WC 3 Sarah B.	INTERVAL INSANITY 1 9:30AM-10:30AM 2 Gym B 3 Brittany H.	HIIT 9:30AM-10:30AM 2 Gym Court A 3 Kaycee A.	BODY PUMP 1 9:15AM-10:30AM 2 Studio A 3 Bob P.
	CYCLE HIIT 1 10:00AM-10:30AM 2 Studio B 3 Kathy	TOUGH MOMS 1 9:45AM-10:45AM 2 Gym B 3 Chelsea	STEP 1 10:45AM-11:45AM 2 Studio A 3 Erica 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.	BEGINNER YOGA 1 10:15AM-11:15AM 2 Studio C 3 Rotation
	ZUMBA 1 10:15AM-11:15AM 2 Studio A 3 Cheryl N.		YOGA 1 10:30AM-11:30AM 2 Studio C 3 Kelly R.	TRX EXPRESS 1 10:30AM-11:15AM 2 S&C WC 3 Sarah B.		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.			TOUGH MOMS 1 9:45AM-10:45AM 2 Gym B 3 Chelsea		
	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.
- 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

ROSE E. SCHNEIDER FAMILY YMCA · 2001 Ehrman Rd. Cranberry Twp., PA 16066 · www.bcfymca.org | updated 11/21/25



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AFTERNOON/EVENING: Classes available beginning at 12:00PM (morning schedule available on reverse side.)

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LOCATIONS:

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

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