



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 2026

August 31st - November 29th, 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 Kathy H.	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 1 5:35AM-6:35AM 2 Studio A & ZOOM 3 Kathy H.	CYCLE 1 5:45AM-6:45AM 2 Studio B 3 Cindy W.	AWT-CORE STRENGTH 1 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-7:45AM 2 Studio A 3 Cindy	Intro to Boxing 8:45AM-9:15AM 2 Studio C 3 Lisa G.	CARDIO LITE 1 7:00AM-7:45AM 2 Studio A 3 Cindy	PZE CYCLE 7:00AM-7:45AM Studio B Sarah B.	STEP 1 8:00AM-8:55AM 2 Studio A 3 Jess S.	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.	AWT-CORE STRENGTH 8:00AM-9:15AM 2 Studio A & ZOOM 3 Erin N.	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.	TOUGH MOTHERS 1 9:30AM-10:30AM 2 Gym A 3 Lori B.	CYCLE ROLL 1 9:00AM-10:00AM 2 Studio B 3 Kathy H.	YOGA 1 9:00AM-10:00AM 2 Multipurpose Room 3 Kathy H.	BARRE 1 9:00AM-10:00AM 2 Studio A & ZOOM 3 Dani R.	STEP INTERVALS 1 8:00AM-9:00AM 2 Studio A 3 Lauren L.
ZUMBA 1 10:00AM-11:00AM 2 Studio A 3 Emilee N.	YOGA 1 9:00AM-10:00AM 2 Multipurpose Room 3 Diana K.	INTERVAL INSANITY 1 9:30AM-10:30AM 2 Gym B 3 Brittany H.	BODY PUMP 1 9:15AM-10:30AM 2 Studio A 3 Lisa G.	FITNESS BOXING ADVANCED 1 9:15AM-10:15AM 2 Studio C 3 Dani R.	BEGINNER YOGA 1 9:30AM-10:30AM 2 Studio C 3 Kelly R.	YOGA FLOW 9:00AM-10:00AM 2 Studio C 3 Rotation
BODY PUMP 1 11:15AM-12:30PM 2 Studio A 3 Marla B.	HEAT 1 9:30AM-10:15AM 2 Gym Court A 3 Sarah B.	ZUMBA GOLD 1 9:45AM-10:45AM 2 Studio A 3 Sandy W.	XFIT RIG 9:30AM-10:30AM 2 S&C WC 3 Sarah B.	TOUGH MOTHERS 1 9:30AM-10:30AM 2 Gym A 3 Lori B.	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.
LOCATIONS: OUTSIDE: Either in the back parking lot corner or pavilion. Instructor will inform class. S&C WC: (In-house) Strength & Conditioning Wellness Center	CYCLE HIIT 1 10:00AM-10:30AM 2 Studio B 3 Kathy	CYCLE HIIT 1 9:30AM-10:15AM 2 Studio B 3 Erin N.	STEP 1 10:45AM-11:45AM 2 Studio A 3 Erica G.	CYCLE 1 9:30AM-10:30AM 2 Studio B 3 Kristie V.	ZUMBA GOLD 1 10:15AM-11:15AM 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.	INTERVAL INSANITY 1 9:30AM-10:30AM 2 Gym B 3 Brittany H.		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.			TRX EXPRESS 1 9:15AM-10:00AM 2 S&C WC 3 Sarah B.		
	BARRE 1 11:30AM-12:15PM 2 Studio A & ZOOM 3 Kelly R.			ZUMBA 1 10:00AM-11:00AM 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.
- 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 Dion Merrill, Healthy Living Director: dmerrill@bcfymca.org | 724.452.9122 x226

ROSE E. SCHNEIDER FAMILY YMCA · 2001 Ehrman Rd. Cranberry Twp., PA 16066 · www.bcfymca.org | updated 821/26



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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 1 12:30PM-1:30PM 2 Studio A 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 Cindy W.	SENIOR YOGA 1 12:00PM-12:45PM 2 Studio A & ZOOM Nancy T.	SILVERSNEAKERS CLASSIC 1 12:30PM-1:15PM 2 Studio A & ZOOM Carla J.	COUPLES DANCE 1 4:30PM-6:30PM 2 Studio A George & Linda S.
	SAIL 1 1:45PM-2:45PM 2 Studio A & ZOOM Nancy T.	LINE DANCING 1:00PM-2:00PM Studio A Cheryl	SAIL SAIL (VIRTUAL) 1 1:00PM-2:00PM 2 Studio A & ZOOM Carla J.	LINE DANCING 1 1:00PM-2:00PM 2 Studio A Sandy W.	SAIL 1 1:30PM-2:30PM 2 Community Room Carla J.	
	BODY PUMP 1 5:30PM-6:45PM 2 Studio A Brenda P.	RHYTHM & SCULPT 4:30PM-5:30PM Studio C Jess S.	SENIOR STRETCH & STABILITY 2:00PM-3:00PM Studio A Carla J.	BARRE 1 4:30PM-5:15PM 2 Studio A Dana S.	RHYTHM & SCULPT 4:30PM-5:30PM Studio C Jess S.	
	CARDIO TABATAS 1 5:30PM-6:15PM 2 Studio C Dana S.	SWEAT & STRENGTH 1 5:30PM-6:30PM 2 Studio A Amelia	ZUMBA 4:15PM-5:15PM Studio A Emilee N.	CYCLE YOGA 1 5:30PM-6:30PM 2 Studio A & B Melina M.	BODY PUMP 1 5:30PM-6:30PM 2 Studio A Jen K.	
	YOGA 1 6:30PM-7:30PM 2 Studio C Nancy T.	PERFECT PUNCH 1 5:30AM-6:15AM 2 Strength Center Lisa G.	PILATES 1 5:30PM-6:15PM 2 Studio C Marsha	ZUMBA 1 7:00PM-8:00PM 2 Studio A Andrea W.		
	BODY PUMP 1 6:45PM-7:45PM 2 Studio A Jenn K.	ZUMBA 1 7:00PM-8:00PM 2 Studio A Andrea W.	BODY PUMP 1 5:30PM-6:45PM 2 Studio A Brenda P.			
	CYCLE 1 6:45PM-7:45PM 2 Studio B Brenda P.		X-FIT RIG 1 6:00PM-7:00PM 2 Gym Court A (½) Melina M.			
	§ TRX EXPRESS 1 6:45PM-7:30PM 2 S&C WC Bob P.		YOGA FLOW 6:30PM-7:30PM Studio C Stacey B.			
	BODY PUMP 1 6:45PM-7:45PM 2 Studio A Jenn K.		CYCLE 1 6:30PM-7:30PM 2 Studio B Amelia			
			BODY PUMP 1 6:45PM-7:45PM 2 Studio A Jenn K.			

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