



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 5:45AM-6:45AM 2 Studio B 3 Kathy H.	AWT-CORE STRENGTH 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 5:45AM-6:45AM 2 Studio B 3 Cindy W.	AWT-CORE STRENGTH 6:45AM-7:45AM 2 Studio A & Zoom 3 Rachel M.
PILATES 9:00AM-10:00AM 2 Studio C 3 Marsha G.	CARDIO LITE 7:00AM-8:00AM 2 Studio A 3 Cindy	INTRO TO BOXING 8:45AM-9:15AM 2 Studio C 3 Lisa G.	CARDIO LITE 7:00AM-8:00AM 2 Studio A 3 Cindy	PZE CYCLE 7:00AM-7:45AM 2 Studio B 3 Sarah B.	§ POWER PILATES 6:50AM-7:50AM 2 Studio C 3 Staff	§ TRX EXPRESS 8:00AM-8:45AM 2 S&C WC 3 Bob P.
CYCLE 10:15AM-11:00AM 2 Studio B 3 Marla B.	CARDIO TABATAS 8:00AM-8:45AM 2 Studio A 3 Marla B.	FITNESS BOXING 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.	STEP 8:00AM-8:55AM 2 Studio A 3 Jess S.	CYCLE 8:00AM-9:00AM 2 Studio B 3 Brenda P.
YOGA 10:15AM-11:15AM 2 Multipurpose Room 3 Dana S.	BODY PUMP 9:00AM-10:15AM 2 Studio A 3 Marla B.	TOUGH MOTHERS 9:30AM-10:30AM 2 Gym A 3 Lori B.	CYCLE ROLL 9:00AM-10:00AM 2 Studio B 3 Kathy H.	YOGA 9:00AM-10:00AM 2 Multipurpose Room 3 Kathy H.	CYCLE HIIT 9:00AM-9:30AM 2 Studio B 3 Erin N.	STEP INTERVALS 8:00AM-9:00AM 2 Studio A 3 Lauren L.
ZUMBA 10:00AM-11:00AM 2 Studio A 3 Emilee N.	YOGA 9:00AM-10:00AM 2 Multipurpose Room 3 Diana K.	INTERVAL INSANITY 9:30AM-10:30AM 2 Gym B 3 Brittany H.	BODY PUMP 9:15AM-10:30AM 2 Studio A 3 Lisa G.	FITNESS BOXING ADVANCED 9:15AM-10:15AM 2 Studio C 3 Dani R.	BARRE 9:00AM-10:00AM 2 Studio A & ZOOM 3 Dani R.	YOGA FLOW 9:00AM-10:00AM 2 Studio C 3 Rotation
BODY PUMP 11:15AM-12:30PM 2 Studio A 3 Marla B.	HEAT 9:30AM-10:15AM 2 Gym Court A 3 Sarah B.	ZUMBA GOLD 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 9:30AM-10:30AM 2 Gym A 3 Lori B.	BEGINNER YOGA 9:30AM-10:30AM 2 Studio C 3 Kelly R.	BODY PUMP 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 10:00AM-10:30AM 2 Studio B 3 Kathy	CYCLE HIIT 9:30AM-10:15AM 2 Studio B 3 Erin N.	STEP 10:45AM-11:45AM 2 Studio A 3 Erica G.	CYCLE 9:30AM-10:30AM 2 Studio B 3 Kristie V.	HIIT 9:30AM-10:30AM 2 Gym Court A 3 Kaycee A.	BEGINNER YOGA 10:15AM-11:15AM 2 Studio C 3 Rotation
	ZUMBA 10:15AM-11:15AM 2 Studio A 3 Cheryl N.		YOGA 10:30AM-11:30AM 2 Studio C 3 Kelly R.	INTERVAL INSANITY 9:30AM-10:30AM 2 Gym B 3 Brittany H.	ZUMBA GOLD 10:15AM-11:15AM 2 Studio A 3 Sandy W.	ZUMBA 10:45AM-11:45AM 2 Studio A 3 Cheryl N.
	TRX INTRO 10:45AM-11:15AM 2 S&C WC 3 Kelly R.			TRX EXPRESS 9:15AM-10:00AM 2 S&C WC 3 Sarah B.		
	BARRE 11:30AM-12:15PM 2 Studio A & ZOOM 3 Kelly R.			ZUMBA 10:00AM-11:00AM 2 Studio A 3 Cheryl N.		

LAND & CYCLE GROUP EXERCISE: Ages 14+ welcome! (schedule is subject to change)

§ SIGNIFIES A DROP-IN FEE IS REQUIRED TO ATTEND.

- 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.

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 9/11/26



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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:

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

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