



BAIERL FAMILY YMCA

ADULT Group Exercise Schedule

724-934-9622
Revised 7/1/10

| HOUR | MON | TUES | WED | THURS | FRI | SAT | SUN |
|-------|---|---|---|--|--|---|--|
| 6 AM | 6:15-7:15 Spin (AS 1) 1/2 | 6:15-7:15 Pro Edge Spin (AS 1) 2/3 | 6:15-7:15 Spin (AS 1) 1/2 | 6:15-7:15 Road Spin (AS 1) 2/3 | 6:15-7:15 Spin (AS 1) 1/2 | 7:15-8:15am Spin (AS 1) 1/2 | |
| | 6:15-7:15 2/3 Boot Camp (AS 2) | | 6:15-7:15 2/3 Boot Camp (AS 2) | 6:15-7:15 2 Power Sculpt (AS2) | | | |
| | 7:30 – 8:15 Core Fusion (AS 2) 1/2 | | 7:30-8:30 Vinyasa Yoga (AS 2) 1/2 | 7:30-8:15 Core Training (AS 1) 2 | 7:30-8:30 Int. Yogalates (AS 2) 1/2 | 8:30-9:30 Mixed Pilates (CR) 1/2 | |
| | 8:15-9:15 Vinyasa Yoga (AS 1) 1/2 | 9:15-10:15 Spin (AS 1) 2/3 | 9:30-10:30 Outdoor Boot Camp (meet in lobby) | 9:15-10:15 Spin (AS 1) 2/3 | 9:15-10:15 Spin (AS 1) 2 | 8:30-9:30 Steps & Reps (AS 2) 2 | |
| | 9:15-10:15 Cross Training (AS 2) 2 | 9:15-10:15 Tone + Trim (AS 2) 1/2 | 9:15-10:15 Cross Training (AS 2) 2 | 9:15-10:15 Tone + Trim (AS 2) 1/2 | 9:15-10:15 Cross Training (AS 2) 2 | 8:30-9:45 Power Sculpt (AS 1) 2/3 | |
| | 9:15-10:15 Turbo Kick (AS1) 3 | | 9:15-10:30 Power Sculpt (AS 1) 2/3 | 9:00-11:00 Rock Wall Climbing RockWall | 9:15-10:15 Kickboxing (AS 1) 2 | 9:45-10:45 Boot Camp (AS 2) 3 | |
| | | | | | | 10:00-11:00 Spin (AS 1) 1/2 | |
| | 10:30-11:30 Advanced Pilates (AS 1) 3 | 10:15-11:15 Intervals (AS 2) 2 | 10:45-11:45 Spin & Core (AS 1) 2 | 10:15-11:15 Zumba (AS 2) 1/2 | 10:30-11:45 Power Sculpt (AS 1) 2/3 | 11:15-12:15 Spin (AS 1) 2/3 | ★ 11:30-1:00 Spin & Core (AS 1) 1/2 |
| | 10:45-11:45 Fitness 101 (AS 2) 1/2 | 10:30-11:30 Int. Pilates (AS 1) 2 | 10:45-11:45 Fitness 101 (AS 2) 1/2 | 10:30-11:30 Int. Pilates (AS 1) 2 | 10:45-11:45 Fitness 101 (AS 2) 1/2 | | |
| | 10:45-11:45 Spin (AS 1) 1/2 | 11:15-12:00 Core Training (AS 2) 2 | 12:00 – 1:00 Zumba (AS 2) 1/2 | 11:15-12:00 Core Training (AS2) 2 | | | |
| 12 PM | 12:00 -1:00 Zumba/Sculpt (AS 2) 1/2 | 12:00 -1:00 Beginning Pilates (AS 2) 1 | | 12:00 -1:00 Beg. Pilates (AS2) 1 | 12:00 -1:00 Vinyasa Yoga (AS 2) 1/2 | 12:15-1:15 Spinerval (AS 1) 1/2 | |
| | | 12:00 -1:00 Spin (AS 1) 1/2 | | 12:00 -1:00 Spin (AS 1) 1/2 | | | |
| | 1:15-2:15 55 + Fit (AS 2) 1/2 | 1:30-2:30 Beginner Yoga (AS 2) 1/2 | 1:15-2:15 55 + Fit (AS 2) 1/2 | 1:30-2:30 Beginner Yoga (AS 2) 1/2 | 1:15-2:15 55 +Fit (AS 2) 1/2 | | |
| | | 1:30-2:30 Tai Chi (AS 1) 1/2 | | | | | |
| | 4:15-5:15 Spin (AS 1) 1/2 | | 4:15-5:15 Spin (AS 1) 1/2 | 5:15-6:15 Interval Spin (AS 1) 1/2 | 4:15-5:15 Spin (AS 1) 1/2 | 1:30-2:30 Tai Chi (AS 2) 1/2 | 4:45-5:45 Zumba (AS 2) 1/2 |
| | 5:30-6:30 Inter. Pilates (AS 1) 2 | 5:30-6:30 Turbo Kick (AS 1) 2/3 | 5:30-6:30 Yoga (AS 2) 1/2 | 5:30-6:30 Yoga (AS 2) 1/2 | | FAMILY WALK ON THE TRACK AGES 13 & UNDER (with a parent) FRIDAYS 6-8PM SATURDAYS 7AM-7PM SUNDAYS 11AM-6PM | |
| | 5:30-6:30 20/20/20 (AS 2) 2 | 5:30-6:30 Fitness Fundamentals (AS 2) 1/2 | | 6:30-7:30 Pilates (AS 1) 2/3 | | | |
| 6 PM | 6:30-7:30 Beginner Yoga (AS 2) 1 | 6:30-7:30 Fat Burner (AS 2) 1 | 6:30-7:30 Cardio/Kick/Sculpt (AS 2) 2 | 6:30-7:30 Fat Burner (AS 2) 2 | ★ denotes a new class on the schedule | BEGINNER - 1 INTERMEDIATE - 2 ADVANCED - 3 AS 1= Aerobic Studio 1 AS 2= Aerobic Studio 2 G=Gymnasium CR = Community Room | |
| | 6:45-7:45 Spin (AS 1) 2 | 6:30-7:30 Boot Camp (G) 2/3 | 7:30-8:30 Zumba (AS 2) 1/2 | 7:30-8:30 Kickboxing (AS 2) 2 | | | |
| | 7:30-8:30 Zumba (AS 2) 1/2 | 7:45-8:45 Spin (AS 1) 2 | 7:45-8:45 Spin (AS 1) 2 | 7:30-8:30 Power Sculpt (AS 1) 2/3 | | | |
| | 7:45-8:30 Beginner Spin (AS 1) 1 | | | 8:30 Isshinryu Karate AS2 -fee-based class | | | |