



BAIERL FAMILY YMCA

ADULT Group Exercise Schedule

724-934-9622
Revised 9/7/10

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) 2/3	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 (AS1) 2/3	9:15-10:15 Kickboxing (AS 1) 2		9:45-10:45 Boot Camp (AS 2) 3			
	★ 9:30-10:30 Get Ready To Be Fit (XRCade) 1/2		★ 9:30-10:30 Get Ready To Be Fit (XRCade) 1/2	9:30-10:15 Kid's Yoga (CR) 1					
	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	10:00-11:00 Spin (AS 1) 1/2	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	10:15-11:00 Zumba 4 Kids (CR) 1
	10:45-11:45 Spin (AS 1) 1/2		11:15-12:00 Core Training (AS 2) 2	★ 11:30-12:30 Land Arthritis (CR) 1		11:15-12:00 Core Training (AS2) 2		11:15-12:15 Spin (AS 1) 2/3	
12 PM	★ 11:30-12:30 Land Arthritis (CR) 1	12:00 -1:00 Beginning Pilates (AS 2) 1	12:00 – 1:00 Zumba (AS 2) 1/2	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							
	12:00 -1:00 Zumba/Sculpt (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 2) 1/2	4:45-5:45 Zumba (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	FAMILY WALK ON THE TRACK AGES 13 & UNDER (with a parent) FRIDAYS 6-8PM SATURDAYS 7AM-7PM SUNDAYS 11AM-6PM			
	5:30-6:30 Inter. Pilates (AS 1) 2	★ 5:30-6:30 Intervolosity (AS 1) 2/3	5:30-6:30 Yoga (AS 2) 1/2	5:30-6:30 Yoga (AS 2) 1/2					
	5:30-6:30 20/20/20 (AS 2) 2	★ 5:30-6:30 Get Ready To Be Fit (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				
	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					

BEGINNER - 1
INTERMEDIATE - 2
ADVANCED - 3
AS 1= Aerobic Studio 1
AS 2= Aerobic Studio 2
G=Gymnasium
CR = Community Room
XRCade=XRCade