



ARMSTRONG COUNTY YMCA BUILDING SCHEDULE

BAUER HALL

August 23 to October 31



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Indoor Group Cycling 6:00am - 6:45am	Step 6:00am - 7:00am	Indoor Group Cycling 6:00am - 6:45am	Step 6:00am - 7:00am	Indoor Group Cycling 6:00am - 6:45am	
					Cardio / Yoga Mix 8:30am - 9:45am
Senior Cardio 9:30am - 10:30am	Senior Cardio 10:00am - 11:00am	Senior Cardio 9:30am - 10:30am	Senior Cardio 10:00am - 11:00am	Senior Cardio 9:30am - 10:30am	
	Senior Yoga 11:00am - 11:45am		Senior Yoga 11:00am - 11:45am		
Senior Stretch 12:00pm - 1:00pm		Senior Stretch 12:00pm - 1:00pm	Senior Stretch 12:00pm - 1:00pm		
	Total Core 5:00pm - 5:45pm		Total Core 5:00pm - 5:45pm		
	Yoga 6:00pm - 7:00pm	Yoga 6:00pm - 7:00pm	Yoga 6:00pm - 7:00pm		
	Step 7:00pm-8:00pm		Step 7:00pm-8:00pm		