



ARMSTRONG COUNTY YMCA BUILDING SCHEDULE

BAUER HALL

February 22 to April 30



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 8:30 - 9:45am
	Cardio 8:30 - 9:30am		Cardio 8:30 - 9:30am		
SilverSneakers Cardio Circuit 9:30am - 10:30am	SilverSneakers Cardio Circuit 10:00am - 11:00am	SilverSneakers Cardio Circuit 9:30am - 10:30am	SilverSneakers Cardio Circuit 10:00am - 11:00am	SilverSneakers Cardio Circuit 9:30am - 10:30am	
	SilverSneakers Yoga Stretch 11:15am - 12:00pm		SilverSneakers Yoga Stretch 11:15am - 12:00pm		
SilverSneakers MSROM 12:00pm - 1:00pm		SilverSneakers MSROM 12:00pm - 1:00pm	SilverSneakers MSROM 12:00pm - 1:00pm		
	Total Core 5:00pm - 5:45pm		Total Core 5:00pm - 5:45pm		
Kickboxing 6:00pm - 7:00pm	Yoga 6:00pm - 7:00pm	Kickboxing 6:00pm - 7:00pm	Yoga 6:00pm - 7:00pm		
Step & Sculpt 7:00pm-8:00pm	Basic Cardio 7:00 - 8:00pm	Step & Sculpt 7:00pm-8:00pm	Basic Cardio 7:00 - 8:00pm		