



North Royalton Group Exercise Schedule

October

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M		6-6:50am Power Sculpt Chris		6-7:00am RIP Denise			
A M				8:00-8:50am Barre Andrea		8-8:50am Boxing Angie \$	
A M	9-10:00am Step Sharon	9-9:50am Zumba® Dana	9-9:50am Power Sculpt Sharon	9-9:50am Zumba® Dana	9-9:50am Zumba® Dana (TW)	9-9:50am Zumba® Suzanne (TW)	
	10-10:50am Zumba® Carly		10-11:00am Yoga Sharon \$	10-10:25am Sculpt Express Lynda	10-10:50am Senior Strength & Balance Gina	10-10:50am Cardio Combo Denise	10:15-11:05am Zumba® Carre/Bri
A M	11-11:50am Fitness After 50 Chris	11-11:50am Zumba Gold Sue	11:00-11:50am Senior Strength Doug/Gina G.	11-11:50am Silver Sneaker Circuit Lynda	11:00-11:50am Fitness after 50 Lynda	11-12:00pm RIP Rinette	11:15-12:15pm Yoga Angie \$
P M	12-12:50pm Silver Sneakers® Classic Sue	12-12:50pm Silver Sneakers® Circuit Kristie	12-12:50pm Silver Sneakers® Classic Chris	12-12:50pm Silver Sneakers® Yoga Kristie	12-12:50pm Silver Sneakers® Classic Chris		
P M	1:00-1:50pm Silver Sneakers® Yoga Sue		1:00-1:50pm Silver Sneakers® Yoga Chris	5-5:50pm Cardio Mix Amanda	Family Yoga Is Back 7:15pm With Brittany Starts October 10		
P M	5:30-6:30pm RIP Rinette	5 - 5:50pm Healthy Beginnings Vicki	5 - 5:50pm The Mixx Vicki	6:10-7:00pm Yoga Angie \$			
P M	6:30-7:20pm HIIT/Ab Lab Denise	6:10-7:00pm Boxing Circuit Angie \$	6:00-7pm RIP Denise	Strong 7:10-8:00pm Carre/Bri rotate			
P M	7:30-8:20pm Zumba® Dana (TW)	7:10-8:00pm Zumba® Bri (TW)	7:10-8:00pm Pound Amanda	8:10-9:00pm Zumba® Carre (TW)			

SPIRIT, MIND BODY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M		10-11:15am Real You Kristie \$	9-9:50am Cardio Kick Kristie		9-9:50am Power Sculpt Sharon	8-8:50am Boot camp Chris	
A M	10-10:50am Pilates Sharon \$	9-10:00am TRX Sharon \$		10-11:00am Real You Kristie \$		9-9:50am Pilates Alexandra \$	
A M		10-10:50am Walk 15 Chris Gym	10-11:00am PIYO Kristie \$	10-10:50am Walk 15 Chris Gym	10-10:50am Yoga Sharon \$	10:00-10:50 Iron Kids \$ Amie	
P M	12-12:30pm Sr. Strength Express Doug	12:45-2:15pm LiveStrong at the Y	12-12:30pm Sr. Strength Express Doug		11:00-11:50am TRX Denise \$		
P M	3-3:50pm C.A.O.S Doug \$	6:00-6:50pm TRX Chris \$	4-4:50pm C.A.O.S Doug \$		12:45-2:15pm LiveStrong at the Y		
P M	6-7:00pm Real You Doug \$	Family Yoga 7:15-8:00pm Brittany Starts October 10	6:00-7:15pm Real You Doug \$	6-6:50pm Core Conditioning Chris L.			

STUDIO CYCLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M	6-6:50am Power Cycle Gina		6-6:50am Power Cycle Gina		6-6:50am Power Cycle Denise	9-9:50am Cycle & Strength (TW) Angie	
A M	9-9:50am Power Cycle Gina		9-9:50am Cycle & Strength Gina		9-9:50am Power Cycle Gina		10:15-11:05am Cycle & Strength Gina
M	10:30-11:00am Senior Cycle Doug					<i>North Royalton Family YMCA</i> www.clevelandymca.org NOTE: SCHEDULE SUBJECT TO CHANGE \$= Plus class (TW)=ages 10 and up Contact Denise Moore Wellness Coordinator dmoore@clevelandymca.org 440.230.93390X2530	
P M	6:30-7:20pm Power Cycle Chris		6-6:50 Power Cycle Caroline	7:00-7:50pm Cycle Chris			