



## French Creek Family YMCA | May 25th - May 31st

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Basketball</b> Front Court	5:00AM-12:00PM (Open Gym)	5:00AM-7:50AM (Open Gym)	11:00AM-12:00PM (Open Gym)	5:00AM-7:50AM (Open Gym)	5:00AM-9:20AM (Open Gym)  12:00PM-5:00PM (Open Gym)	7:00AM-9:00AM (Open Gym)	8:00AM-10:00AM (Open Gym)
<b>Open Pickleball</b> Back Court	5:00AM-12:00PM (Pickleball)	5:00AM-8:00AM (Pickleball)	11:00AM-12:00PM (Pickleball)		5:00AM-12:00PM (Pickleball)		8:00AM-10:00AM (Pickleball)
<b>Closed</b> Competition Pool	5:30AM-8:00AM (Open Or Closed)  12:00PM-8:30PM (Open Or Closed)						
<b>8 lanes Open</b> Competition Pool	8:00AM-12:00PM (Open Or Lap Swim)	5:30AM-5:40PM (Open Or Lap Swim)  7:00PM-8:30PM (Open Or Lap Swim)	5:30AM-4:30PM (Open Or Lap Swim)  5:00PM-5:30PM (Open Or Lap Swim)  7:00PM-8:30PM (Open Or Lap Swim)  7:00PM-8:30PM (Open Or Lap Swim)	5:30AM-8:30AM (Open Or Lap Swim)  10:20AM-11:15AM (Open Or Lap Swim)  12:30PM-5:40PM (Open Or Lap Swim)  7:00PM-8:30PM (Open Or Lap Swim)	5:30AM-8:30PM (Open Or Lap Swim)	8:00AM-10:20AM (Open Or Lap Swim)  11:30AM-12:30AM (Open Or Lap Swim)	8:00AM-3:00PM (Open Or Lap Swim)
<b>Aquacise</b> Recreation Pool <a href="#">REGISTER</a>	8:00AM-9:00AM (Aquatic Fitness) GAIL A.  8:00AM-8:50AM (Aquatic Fitness) GAIL A.  9:00AM-9:50AM (Aquatic Fitness) GAIL A.  9:00AM-9:50AM (Aquatic Fitness) GAIL A.		8:00AM-8:50AM (Aquatic Fitness) GAIL A.  8:00AM-8:50AM (Aquatic Fitness) GAIL A.  9:00AM-9:50AM (Aquatic Fitness) GAIL A.  9:00AM-9:50AM (Aquatic Fitness) GAIL A.				
<b>Boot Camp</b> Wellness Floor	8:30AM-9:30AM (Strength & Conditioning) Dayle O.		8:30AM-9:20AM (Strength & Conditioning) Dayle O.				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle</b> Cycle Studio	9:30AM-10:20AM (Cycle) <i>Dayle O.</i>	5:30AM-6:20AM (Cycle) <i>Monica A.</i>  7:15PM-8:00PM (Cycle) <i>Monica A.</i>	9:30AM-10:00AM (Cycle) <i>Dayle O.</i>  6:00PM-6:50PM (Cycle) <i>Vicki G.</i>	5:30AM-6:20AM (Cycle) <i>Dayle O.</i>  8:30AM-9:20AM (Cycle) <i>Jackie H.</i>		7:15AM-8:05AM (Cycle) <i>Melissa B.</i>  8:30AM-9:20AM (Cycle) <i>Vicki G.</i>	9:30AM-10:20AM (Cycle) <i>Kathie Y.</i>
<b>Yoga Flow</b> Spirit, Mind and Body Studio	9:30AM-10:20AM (Mind, Body, Spirit) <i>Danielle S.</i>	9:30AM-10:20AM (Mind, Body, Spirit) <i>Wendy B.</i>  6:00PM-6:50PM (Mind, Body, Spirit) <i>Wendy W.</i>	9:30AM-10:20AM (Mind, Body, Spirit) <i>Jan D.</i>	9:30AM-10:20AM (Mind, Body, Spirit) <i>Jan D.</i>	9:30AM-10:20AM (Mind, Body, Spirit) <i>Danielle S.</i>	11:30AM-12:20PM (Mind, Body, Spirit) <i>Danielle S.</i>	
<b>Open Swim</b> Recreation Pool	9:50AM-11:00AM (Open Swim)	8:00AM-4:30PM (Open Swim)  4:30PM-7:00PM (Open Swim)  7:00PM-8:30PM (Open Swim)	9:50AM-10:30AM (Open Swim)  11:20AM-4:30PM (Open Swim)  7:00PM-8:30PM (Open Swim)	8:00AM-5:50PM (Open Swim)  6:35PM-8:30PM (Open Swim)	8:00AM-9:30AM (Open Swim)  10:20AM-11:00AM (Open Swim)  11:50AM-8:30PM (Open Swim)	8:00AM-9:00AM (Open Swim)  1:00PM-3:00PM (Open Swim)	8:15AM-3:00PM (Open Swim)
<b>Gentle Yoga</b> Spirit, Mind and Body Studio	10:30AM-11:20AM (Mind, Body, Spirit) <i>Danielle S.</i>		10:30AM-11:20AM (Mind, Body, Spirit) <i>Jan D.</i>		10:30AM-11:20AM (Mind, Body, Spirit) <i>Danielle S.</i>		
<b>Les Mills BODYPUMP™</b> GroupX Studio	10:30AM-11:20AM (Les Mills) <i>Laura P.</i>			8:30AM-9:20AM (Les Mills) <i>Michelle K.</i>	5:30AM-6:20AM (Les Mills) <i>Staff R.</i>		8:30AM-9:20AM (Les Mills) <i>Staff R.</i>
<b>Aqua Fit *Registration is required*</b> Recreation Pool <a href="#">REGISTER</a>	11:00AM-11:50AM (Aquatic Fitness) <i>Nancy C.</i>  11:00AM-11:50AM (Aquatic Fitness) <i>Nancy C.</i>				11:00AM-11:50AM (Aquatic Fitness) <i>Nancy C.</i>  11:00AM-11:50AM (Aquatic Fitness) <i>Nancy C.</i>		
<b>Chair Yoga</b> GroupX Studio	11:30AM-12:20PM (Mind, Body, Spirit) <i>Danielle S.</i>		12:30PM-1:20PM (Mind, Body, Spirit) <i>Danielle S.</i>		11:30AM-12:30PM (Mind, Body, Spirit) <i>Jessica Y.</i>	12:30PM-1:20PM (Mind, Body, Spirit) <i>Danielle S.</i>	
<b>Closed</b> Recreation Pool	12:00PM-8:30PM (Open Or Closed)					9:00AM-1:00PM (Open Or Closed)	
<b>Women's Social Pickleball Ladder League</b> Both Courts	1:00PM-3:00PM (Pickleball)		1:00PM-3:00PM (Pickleball)				
<b>Open Basketball</b> Both Courts	3:00PM-5:00PM (Open Gym)		5:00AM-8:00AM (Open Gym)	12:30PM-5:00PM (Open Gym)			10:00AM-3:45PM (Open Gym)
<b>Pickleball - Beginners Practice</b> Both Courts		8:00AM-9:30AM (Pickleball) <i>Jim L.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball Clinic Intermediate</b> Both Courts		8:00AM-12:30PM (Pickleball)  9:30AM-11:00AM (Pickleball) <i>Jim L.</i>					
<b>Pilates</b> Spirit, Mind and Body Studio		8:30AM-9:20AM (Mind, Body, Spirit) <i>Jackie H.</i>					
<b>Zumba®</b> GroupX Studio		8:30AM-9:20AM (Zumba®) <i>Roula M.</i>  5:00PM-5:50PM (Zumba®) <i>Lisa A.</i>				10:30AM-11:20AM (Zumba®) <i>Roula M.</i>	
<b>Boot Camp</b> GroupX Studio		9:30AM-10:20AM (Strength & Conditioning) <i>Michelle K.</i>					
<b>Fitness After 50</b> GroupX Studio <a href="#">REGISTER</a>		10:30AM-11:20AM (Active Older Adult) <i>Martha M.</i>		10:30AM-11:20AM (Active Older Adult) <i>Jan D.</i>			
<b>Pickleball Clinic Intermediate +</b> Both Courts		11:00AM-12:30PM (Pickleball)					
<b>Strength &amp; Balance</b> GroupX Studio		11:30AM-12:30PM (Strength) <i>Phyllis S.</i>		11:30AM-12:20PM (Strength) <i>Martha M.</i>			
<b>Active Older Adult (AOA) Chair Tap Dance</b> Spirit, Mind and Body Studio		12:30PM-1:20PM (Active Older Adult) <i>Phyllis S.</i>					
<b>Arthritis Foundation Exercise Program</b> GroupX Studio		1:00PM-1:50PM (Active Older Adult) <i>Yvonne S.</i>		1:00PM-1:50PM (Active Older Adult) <i>Yvonne S.</i>			
<b>Volleyball Leagues</b> Back Court		5:00PM-6:30PM (Leagues)					
<b>Cycle Express</b> Cycle Studio		5:30PM-5:55PM (Cycle) <i>Kathie Y.</i>					
<b>Group Swim lessons 1 lane</b> Competition Pool		5:40PM-7:00PM (Swim Lessons)	5:50PM-7:00PM (Swim Lessons)	5:40PM-7:00PM (Swim Lessons)		10:20AM-12:10PM (Swim Lessons)	
<b>7 lanes Open</b> Competition Pool		5:40PM-7:00PM (Open Or Lap Swim)	4:30PM-5:00PM (Open Or Lap Swim)  6:30PM-7:00PM (Open Or Lap Swim)			10:20AM-12:10PM (Open Or Lap Swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pure Strength</b> GroupX Studio		6:00PM-6:50PM (Strength) <i>Kathie Y.</i>		6:00PM-6:45PM (Strength) <i>Kathie Y.</i>	8:30AM-9:20AM (Strength) <i>Pamela G.</i>	9:30AM-10:20AM (Strength) <i>Monica A.</i>	
<b>Open Basketball</b> Back Court		6:30PM-9:45PM (Open Gym)		8:30PM-9:45PM (Open Gym)			
<b>Open Run</b> Front Court		8:30PM-9:45PM (Open Gym)		8:30PM-9:45PM (Open Gym)			
<b>TRX</b> Wellness Floor			5:30AM-6:20AM (Trx) <i>Melissa B.</i>				
<b>Open Pickleball</b> Both Courts			8:00AM-11:00AM (Pickleball)  3:00PM-5:00PM (Pickleball)	8:00AM-11:00AM (Pickleball)			
<b>Cardio Kickboxing</b> GroupX Studio			8:30AM-9:20AM (Cardio) <i>Lyndsay P.</i>				
<b>Zumba Gold®</b> GroupX Studio			9:30AM-10:20AM (Zumba®) <i>Moira E.</i>				
<b>BOOM Move®</b> GroupX Studio			10:30AM-11:20AM (Active Older Adult) <i>Amanda M.</i>				
<b>Active Older Adult (AOA) Ballet</b> Community Room			10:30AM-11:20AM (Active Older Adult) <i>Martha M.</i>				
<b>Aqua Fit</b> Recreation Pool			10:30AM-11:20AM (Aquatic Fitness) <i>Jessica Y.</i>		9:30AM-10:20AM (Aquatic Fitness) <i>Jessica Y.</i>		
<b>Aqua Fit</b> Recreation Pool <a href="#">REGISTER</a>			10:30AM-11:20AM (Aquatic Fitness) <i>Jessica Y.</i>		9:30AM-10:20AM (Aquatic Fitness) <i>Jessica Y.</i>		
<b>SilverSneakers Classic®</b> GroupX Studio <a href="#">REGISTER</a>			11:30AM-12:20PM (Active Older Adult) <i>Jessica Y.</i>		10:30AM-11:20AM (Active Older Adult) <i>Jessica Y.</i>		
<b>Line Dance</b> GroupX Studio			4:00PM-4:50PM (Dance) <i>Christene M.</i>				
<b>Group Swim lessons</b> Recreation Pool			4:30PM-7:00PM (Swim Lessons)	5:50PM-6:35PM (Swim Lessons)		9:00AM-1:00PM (Swim Lessons)	
<b>Power Yoga</b> Spirit, Mind and Body Studio			5:00PM-5:50PM (Mind, Body, Spirit) <i>Wendy W.</i>				10:30AM-11:20AM (Mind, Body, Spirit) <i>Wendy B.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>3 lanes Open</b> Competition Pool			5:30PM-6:30PM (Open Or Lap Swim)				
<b>Cardio Dance</b> GroupX Studio			6:00PM-6:50PM (Dance) <i>Stacey M.</i>				11:30AM-12:20PM (Dance) <i>Brittney G.</i>
<b>5 lanes Open</b> Competition Pool				8:30AM-10:20AM (Open Or Lap Swim)			
<b>Aqua Boot Camp - Deep Water</b> Competition Pool				8:30AM-9:20AM (Aquatic Fitness) <i>GAIL A.</i>			
<b>Core and More</b> Spirit, Mind and Body Studio				8:30AM-9:20AM (Strength) <i>Pamela G.</i>			
<b>Aqua Boot Camp- Shallow water</b> Competition Pool				8:30AM-9:20AM (Aquatic Fitness) <i>GAIL A.</i>			
<b>Aqua Fit - Deep Water</b> Competition Pool				9:30AM-10:20AM (Aquatic Fitness) <i>Jean B.</i>			
<b>Pilates + Barre</b> GroupX Studio				9:30AM-10:20AM (Mind, Body, Spirit) <i>Michelle K.</i>  7:15PM-8:05PM (Mind, Body, Spirit) <i>Monica A.</i>			
<b>Aqua Boot Camp-Deep Water</b> Competition Pool				9:30AM-10:20AM (Aquatic Fitness) <i>Jean B.</i>			
<b>Power Sculpt</b> Spirit, Mind and Body Studio				11:00AM-11:45AM (Strength) <i>Erin P.</i>			
<b>4 lanes Open</b> Competition Pool				11:15AM-12:30PM (Open Or Lap Swim)			
<b>Step Cardio Combo</b> GroupX Studio				5:30PM-5:55PM (Cardio) <i>Kathie Y.</i>			
<b>Step Express</b> GroupX Studio					7:45AM-8:15AM (Step) <i>Pamela G.</i>		
<b>WARRIOR Rhythm™</b> Spirit, Mind and Body Studio					8:30AM-9:20AM (Mind, Body, Spirit) <i>Jessica Y.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Line Dance</b> Front Court					9:30AM-10:20AM (Dance) <i>Christene M.</i>  9:30AM-10:20AM (Group Exercise Class) <i>Christene M.</i>		
<b>Bootcamp *Registration Required*</b> GroupX Studio					9:30AM-10:20AM (Fee Based Class) <i>Erin P.</i>		
<b>Tai Chi</b> Spirit, Mind and Body Studio					12:00PM-12:50PM (Mind, Body, Spirit) <i>Phyllis S.</i>		
<b>Open Gym</b> Back Court					12:00PM-5:00PM (Open Gym)		
<b>Les Mills Sprint™</b> Cycle Studio					5:30PM-6:00PM (Les Mills) <i>Monica A.</i>		10:30AM-11:00AM (Les Mills) <i>Julie K.</i>
<b>Core and More</b> GroupX Studio						7:30AM-8:20AM (Strength) <i>Monica A.</i>	
<b>Cardio Strength Combo</b> GroupX Studio						8:30AM-9:20AM (Cardio) <i>Monica A.</i>	
<b>Family Open Gym</b> Front Court						12:00PM-5:45PM (Open Gym)	
<b>Relax and Stretch</b> Spirit, Mind and Body Studio							8:30AM-9:20AM (Active Older Adult) <i>Miriam F.</i>



## Virtual YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>FIERCE</b>	5:00AM-5:30AM (Fitness First) <i>Olivia W.</i>  8:30AM-9:00AM (Fitness First) <i>Brittany W.</i>	11:00AM-11:30AM (Fitness First) <i>Olivia W.</i>	8:00AM-8:30AM (Fitness First) <i>Olivia W.</i>	11:00AM-11:30AM (Fitness First) <i>Brittany W.</i>  7:30PM-8:00PM (Fitness First) <i>Brittany W.</i>	5:00AM-5:30AM (Fitness First) <i>Olivia W.</i>  5:30PM-6:00PM (Fitness First) <i>Olivia W.</i>	6:00AM-6:30AM (Fitness First) <i>Olivia W.</i>	
<b>Strength Express</b>	5:30AM-6:00AM (Fitness First) <i>Brittany W.</i>  4:30PM-5:00PM (Fitness First) <i>Brittany W.</i>	7:30AM-8:00AM (Fitness First) <i>Clare O.</i>	10:30PM-11:00PM (Fitness First) <i>Clare O.</i>	10:15AM-10:45AM (Fitness First) <i>Brittany W.</i>  9:00PM-9:30PM (Fitness First) <i>Clare O.</i>	5:30AM-6:00AM (Fitness First) <i>Brittany W.</i>  6:00PM-6:30PM (Fitness First) <i>Clare O.</i>	5:00AM-5:30AM (Fitness First) <i>Brittany W.</i>  8:00AM-8:30AM (Fitness First) <i>Brittany W.</i>	3:45PM-4:15PM (Fitness First) <i>Clare O.</i>  10:00PM-10:30PM (Fitness First) <i>Clare O.</i>
<b>Energizing Breathwork</b>	6:15AM-6:45AM (Mind Body) <i>Uma S.</i>	5:00PM-5:30PM (Mind Body) <i>Uma S.</i>	5:45AM-6:15AM (Mind Body) <i>Uma S.</i>		6:15AM-6:45AM (Mind Body) <i>Uma S.</i>	10:45AM-11:15AM (Mind Body) <i>Uma S.</i>	
<b>Upper Body Strength</b>	6:30AM-7:00AM (Fitness First) <i>Clare O.</i>  6:00PM-6:30PM (Fitness First) <i>Clare O.</i>		6:30AM-7:00AM (Fitness First) <i>Clare O.</i>	5:00AM-5:30AM (Fitness First) <i>Clare O.</i>			5:00AM-5:30AM (Fitness First) <i>Clare O.</i>
<b>Lower Body Strength</b>	7:00AM-7:30AM (Fitness First) <i>Clare O.</i>		7:00AM-7:30AM (Fitness First) <i>Clare O.</i>	5:30AM-6:00AM (Fitness First) <i>Clare O.</i>			5:30AM-6:00AM (Fitness First) <i>Clare O.</i>
<b>Foam Roll &amp; Stretch</b>	7:30AM-7:45AM (Fitness First) <i>Olivia W.</i>	6:00AM-6:15AM (Fitness First) <i>Olivia W.</i>	12:45PM-1:00PM (Fitness First) <i>Olivia W.</i>	12:30PM-12:45PM (Fitness First) <i>Olivia W.</i>  10:15PM-10:30PM (Fitness First) <i>Olivia W.</i>		4:30PM-4:45PM (Fitness First) <i>Olivia W.</i>	9:30AM-9:45AM (Fitness First) <i>Olivia W.</i>
<b>Bodyweight Bootcamp</b>	8:00AM-8:30AM (Fitness First) <i>Clare O.</i>	5:30AM-6:00AM (Fitness First) <i>Clare O.</i>		6:00AM-6:30AM (Fitness First) <i>Clare O.</i>	5:00PM-5:30PM (Fitness First) <i>Clare O.</i>		4:30PM-5:00PM (Fitness First) <i>Clare O.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Intermediate Yoga</b>	9:00AM-9:46AM (Mind Body) <i>Linda M.</i>  2:00PM-2:46PM (Mind Body) <i>Linda M.</i>	1:00PM-1:46PM (Mind Body) <i>Linda M.</i>  4:00PM-4:46PM (Mind Body) <i>Linda M.</i>	1:00PM-1:46PM (Mind Body) <i>Linda M.</i>	9:00AM-9:46AM (Mind Body) <i>Linda M.</i>	8:00PM-8:46PM (Mind Body) <i>Linda M.</i>	3:00PM-3:46PM (Mind Body) <i>Linda M.</i>	9:00PM-9:46PM (Mind Body) <i>Linda M.</i>
<b>Chair Yoga</b>	10:00AM-10:45AM (Mind Body) <i>Tina E.</i>  12:00PM-12:45PM (Mind Body) <i>Tia K.</i>	2:00PM-2:45PM (Mind Body) <i>Kim M.</i>	2:00PM-2:45PM (Mind Body) <i>Tina E.</i>  9:00PM-9:45PM (Mind Body) <i>Tia K.</i>	4:00PM-4:45PM (Mind Body) <i>Kim M.</i>	10:00AM-10:45AM (Mind Body) <i>Clare O.</i>  3:00PM-3:45PM (Mind Body) <i>Tina E.</i>  10:00PM-10:45PM (Mind Body) <i>Tina E.</i>  11:00PM-11:45PM (Mind Body) <i>Kim M.</i>	10:00AM-10:45AM (Mind Body) <i>Tina E.</i>  2:00PM-2:45PM (Mind Body) <i>Kim M.</i>	10:00AM-10:45AM (Mind Body) <i>Kim M.</i>  2:00PM-2:45PM (Mind Body) <i>Kim M.</i>  3:00PM-3:45PM (Mind Body) <i>Clare O.</i>
<b>Strength &amp; Conditioning</b>	10:00AM-10:30AM (Fitness First) <i>Olivia W.</i>						
<b>Core &amp; More</b>	10:45AM-11:15AM (Fitness First) <i>Olivia W.</i>	7:00PM-7:30PM (Les Mills) <i>Olivia W.</i>	6:00AM-6:30AM (Les Mills) <i>Olivia W.</i>	12:00PM-12:30PM (Fitness First) <i>Jojo G.</i>	9:00AM-9:30AM (Fitness First) <i>Jojo G.</i>  6:30PM-7:00PM (Les Mills) <i>Olivia W.</i>		10:30PM-11:00PM (Les Mills) <i>Olivia W.</i>
<b>Seated Silver Combo</b>	11:00AM-11:35AM (Boomers & Beyond) <i>Tina E.</i>	11:30AM-12:05PM (Boomers & Beyond) <i>Tina E.</i>			11:00AM-11:35AM (Boomers & Beyond) <i>Tina E.</i>	12:30AM-1:05AM (Boomers & Beyond) <i>Tina E.</i>	10:30AM-11:05AM (Boomers & Beyond) <i>Tina E.</i>
<b>Silver Combo</b>	11:45AM-12:20PM (Boomers & Beyond) <i>Tina E.</i>	11:00AM-11:35AM (Boomers & Beyond) <i>Tina E.</i>	10:00AM-10:35AM (Boomers & Beyond) <i>Tina E.</i>	10:00AM-10:35AM (Boomers & Beyond) <i>Tina E.</i>		11:30AM-12:05PM (Boomers & Beyond) <i>Tina E.</i>	11:00AM-11:35AM (Boomers & Beyond) <i>Tina E.</i>
<b>Beginner Yoga</b>	1:00PM-2:00PM (Mind Body) <i>Tia K.</i>  11:00PM-11:30PM (Mind Body) <i>Kayla L.</i>		7:00PM-7:30PM (Mind Body) <i>Kayla L.</i>  8:00PM-9:00PM (Mind Body) <i>Tia K.</i>		1:00PM-2:00PM (Mind Body) <i>Tia K.</i>		1:00PM-2:00PM (Mind Body) <i>Tia K.</i>  8:00PM-9:00PM (Mind Body) <i>Tia K.</i>
<b>Meditation</b>	2:45PM-3:00PM (Mind Body) <i>Uma S.</i>  8:45PM-9:00PM (Mind Body) <i>Uma S.</i>	5:30PM-5:45PM (Mind Body) <i>Uma S.</i>		2:45PM-3:00PM (Mind Body) <i>Uma S.</i>  8:30PM-8:45PM (Mind Body) <i>Uma S.</i>	10:45AM-11:00AM (Mind Body) <i>Uma S.</i>		9:45PM-10:00PM (Mind Body) <i>Uma S.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>On Canvas with Kaitlyn: Citrus Fields Pt. 2</b>	3:00PM-3:30PM (Mind Body) <i>Kaitlyn L.</i>		6:00PM-6:30PM (Mind Body) <i>Kaitlyn L.</i>		1:00PM-1:30PM (Mind Body) <i>Kaitlyn L.</i>	12:00PM-12:30PM (Mind Body) <i>Kaitlyn L.</i>	
<b>Barre Mix</b>	4:00PM-4:45PM (Fitness First) <i>Kelley R.</i>	6:00PM-6:45PM (Fitness First) <i>Kelley R.</i>	5:00AM-5:45AM (Fitness First) <i>Kelley R.</i>  12:00PM-12:45PM (Fitness First) <i>Kelley R.</i>	6:30AM-7:15AM (Fitness First) <i>Kelley R.</i>  5:00PM-5:45PM (Fitness First) <i>Kelley R.</i>	9:00PM-9:45PM (Fitness First) <i>Kelley R.</i>		12:00PM-12:45PM (Fitness First) <i>Kelley R.</i>
<b>Intermediate Yoga</b>	4:00PM-4:45PM (Mind Body) <i>Mike K.</i>	11:00PM-11:45PM (Mind Body) <i>Mike K.</i>	9:30AM-10:15AM (Mind Body) <i>Mike K.</i>		7:00AM-7:45AM (Mind Body) <i>Mike K.</i>		
<b>Basic Step &amp; Strength</b>	5:00PM-5:30PM (Fitness First) <i>Lisa H.</i>	2:15PM-2:45PM (Fitness First) <i>Lisa H.</i>	8:30AM-9:15AM (Fitness First) <i>Jojo G.</i>	7:30AM-8:00AM (Fitness First) <i>Lisa H.</i>  11:00AM-11:45AM (Fitness First) <i>Jojo G.</i>  6:30PM-7:15PM (Fitness First) <i>Jojo G.</i>	8:00AM-8:45AM (Fitness First) <i>Jojo G.</i>	12:00PM-12:30PM (Fitness First) <i>Lisa H.</i>  9:00PM-9:45PM (Fitness First) <i>Jojo G.</i>	8:00AM-8:45AM (Fitness First) <i>Jojo G.</i>
<b>Butts, Guts, &amp; Body: Lower Body Strength</b>	5:30PM-6:00PM (Fitness First) <i>Olivia W.</i>	9:00AM-9:30AM (Fitness First) <i>Olivia W.</i>	12:00PM-12:30PM (Fitness First) <i>Olivia W.</i>	8:00AM-8:30AM (Fitness First) <i>Olivia W.</i>	12:00PM-12:30PM (Fitness First) <i>Olivia W.</i>	4:00PM-4:30PM (Fitness First) <i>Olivia W.</i>	9:00AM-9:30AM (Fitness First) <i>Olivia W.</i>
<b>Chair Qigong</b>	7:00PM-7:45PM (Mind Body) <i>Karen A.</i>		3:00PM-3:45PM (Mind Body) <i>Karen A.</i>	2:00PM-2:45PM (Mind Body) <i>Karen A.</i>		9:00AM-9:45AM (Mind Body) <i>Karen A.</i>	
<b>Hatha Yoga</b>	8:00PM-8:45PM (Mind Body) <i>Uma S.</i>	10:00AM-10:45AM (Mind Body) <i>Uma S.</i>	11:00PM-11:45PM (Mind Body) <i>Uma S.</i>				
<b>Restorative Yoga</b>	9:00PM-9:30PM (Mind Body) <i>Kayla L.</i>		7:30PM-8:00PM (Mind Body) <i>Kayla L.</i>	8:00PM-8:30PM (Mind Body) <i>Kayla L.</i>		8:00PM-8:30PM (Mind Body) <i>Kayla L.</i>	
<b>Core &amp; Stretch</b>	9:30PM-10:00PM (Fitness First) <i>Clare O.</i>		10:00PM-10:30PM (Fitness First) <i>Clare O.</i>				5:00PM-5:30PM (Fitness First) <i>Clare O.</i>
<b>Gentle Yoga Qigong</b>	10:00PM-10:30PM (Mind Body) <i>Karen A.</i>	10:30PM-11:00PM (Mind Body) <i>Karen A.</i>	11:00AM-11:30AM (Mind Body) <i>Karen A.</i>	11:00PM-11:30PM (Mind Body) <i>Karen A.</i>		11:00AM-11:30AM (Mind Body) <i>Karen A.</i>	
<b>Push, Pull, Press: Upper Body Strength</b>		5:00AM-5:30AM (Fitness First) <i>Olivia W.</i>  12:00PM-12:30PM (Fitness First) <i>Olivia W.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Core Express</b>		6:30AM-6:45AM (Fitness First) <i>Olivia W.</i>  12:45PM-1:00PM (Fitness First) <i>Olivia W.</i>			4:00PM-4:15PM (Fitness First) <i>Olivia W.</i>		
<b>Mat Pilates</b>		7:00AM-7:30AM (Mind Body) <i>Jon G.</i>  10:00PM-10:30PM (Mind Body) <i>Brittany W.</i>	4:00PM-4:30PM (Mind Body) <i>Jon G.</i>	8:30AM-9:00AM (Mind Body) <i>Brittany W.</i>  11:45AM-12:15PM (Mind Body) <i>Brittany W.</i>			
<b>Yoga Fusion</b>		8:00AM-8:30AM (Mind Body) <i>Karen A.</i>  3:45PM-4:15PM (Mind Body) <i>Lisa H.</i>	7:30AM-8:00AM (Mind Body) <i>Lisa H.</i>  10:30AM-11:00AM (Mind Body) <i>Karen A.</i>	6:00PM-6:30PM (Mind Body) <i>Karen A.</i>  8:30PM-9:00PM (Mind Body) <i>Lisa H.</i>	6:30AM-7:00AM (Mind Body) <i>Lisa H.</i>  2:30PM-3:00PM (Mind Body) <i>Karen A.</i>		6:00PM-6:30PM (Mind Body) <i>Karen A.</i>
<b>Power Flow</b>		9:30AM-10:00AM (Mind Body) <i>Kayla L.</i>  7:30PM-8:00PM (Mind Body) <i>Kayla L.</i>	5:45PM-6:15PM (Mind Body) <i>Kayla L.</i>	7:00AM-7:30AM (Mind Body) <i>Kayla L.</i>			
<b>ForeverWell Balance &amp; Stretch</b>		10:00AM-10:30AM (Boomers & Beyond) <i>Karen A.</i>	11:30AM-12:00PM (Boomers & Beyond) <i>Karen A.</i>	2:45PM-3:15PM (Boomers & Beyond) <i>Karen A.</i>	11:30AM-12:00PM (Boomers & Beyond) <i>Karen A.</i>		11:30AM-12:00PM (Boomers & Beyond) <i>Karen A.</i>
<b>Guided Meditation</b>		10:45AM-11:00AM (Mind Body) <i>Kayla L.</i>	11:30AM-11:45AM (Mind Body) <i>Kayla L.</i>  8:00PM-8:15PM (Mind Body) <i>Kayla L.</i>		2:00PM-2:15PM (Mind Body) <i>Kayla L.</i>  8:45PM-9:00PM (Mind Body) <i>Kayla L.</i>		
<b>Aging Strong</b>		3:00PM-3:30PM (Boomers & Beyond) <i>Lisa H.</i>		10:30AM-11:00AM (Boomers & Beyond) <i>Lisa H.</i>	12:30PM-1:00PM (Boomers & Beyond) <i>Lisa H.</i>		
<b>Muscle Up</b>		3:00PM-3:45PM (Around The Y) <i>Annie D.</i>	12:30PM-1:15PM (Fitness First) <i>Annie D.</i>		4:15PM-5:00PM (Around The Y) <i>Annie D.</i>	6:30AM-7:15AM (Around The Y) <i>Annie D.</i>  1:00PM-1:45PM (Around The Y) <i>Annie D.</i>	6:30AM-7:15AM (Around The Y) <i>Annie D.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Full Body Strength</b>		9:15PM-10:00PM (Fitness First) <i>Olivia W.</i>	5:00PM-5:45PM (Fitness First) <i>Olivia W.</i>	1:00PM-1:45PM (Fitness First) <i>Olivia W.</i>  9:30PM-10:15PM (Fitness First) <i>Olivia W.</i>			
<b>Flow Fusion</b>			6:15PM-6:45PM (Mind Body) <i>Kayla L.</i>				



## Geauga Family YMCA | May 25th - May 31st

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pick Up Basketball</b> Gymnasium	5:30AM-8:45AM (Open Gym)		5:30AM-8:45AM (Open Gym)		5:30AM-8:45AM (Open Gym)		
<b>Open Swim</b> Current & Play Pool	5:30AM-11:00AM (Lap Or Open Swim)  11:00AM-4:15PM (Lap Or Open Swim)  6:45PM-8:30PM (Lap Or Open Swim)	5:30AM-9:00AM (Lap Or Open Swim)	5:30AM-9:00AM (Lap Or Open Swim)  6:45PM-8:30PM (Lap Or Open Swim)	5:30AM-9:00AM (Lap Or Open Swim)  12:00PM-8:30PM (Lap Or Open Swim)	5:30AM-9:30AM (Lap Or Open Swim)  10:00AM-8:30PM (Lap Or Open Swim)	11:45AM-3:30PM (Lap Or Open Swim)	8:00AM-3:30PM (Lap Or Open Swim)
<b>Strength &amp; Core</b> Gymnasium	9:00AM-10:00AM (Group Exercise Class) <i>Lana N.</i>				9:30AM-10:00AM (Group Exercise Class) <i>Melanie V.</i>		
<b>Aquacise</b> Lap Pool <a href="#">REGISTER</a>	9:00AM-10:00AM (Groupx Aquatics) <i>Dee D.</i>			9:00AM-10:00AM (Groupx Aquatics) <i>Dee D.</i>  9:00AM-9:50AM (Aquatic Fitness) <i>Dee D.</i>			
<b>SilverSneakers Yoga®</b> Gymnasium <a href="#">REGISTER</a>	10:00AM-11:00AM (Group Exercise Class) <i>Sue L.</i>			10:00AM-11:00AM (Group Exercise Class)  10:00AM-10:50AM (Active Older Adult) <i>Cassie M.</i>			
<b>Aqua Jog</b> Lap Pool <a href="#">REGISTER</a>	10:00AM-11:00AM (Groupx Aquatics) <i>Dee D.</i>			10:00AM-11:00AM (Groupx Aquatics) <i>Dee D.</i>  10:00AM-10:50AM (Aquatic Fitness) <i>Dee D.</i>			
<b>Strength and Balance</b> Gymnasium	11:00AM-12:00PM (Group Exercise Class) <i>Sue L.</i>						
<b>Pickleball \$</b> Gymnasium	1:00PM-3:30PM (Pickleball)		1:00PM-3:30PM (Pickleball)	1:00PM-3:30PM (Pickleball)	1:00PM-3:30PM (Pickleball)		10:00AM-12:00PM (Pickleball)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> Gymnasium	4:00PM-5:30PM (Open Gym)  6:30PM-8:45PM (Open Gym)	5:30AM-8:45AM (Open Gym)  3:00PM-5:30PM (Open Gym)  8:30PM-8:45PM (Open Gym)	3:00PM-5:00PM (Open Gym)  5:00PM-8:45PM (Open Gym)	5:30AM-8:45AM (Open Gym)	4:00PM-5:00PM (Open Gym)  8:00PM-8:45PM (Open Gym)	7:00AM-2:00PM (Open Gym)  2:00PM-3:45PM (Open Gym)	8:00AM-10:00PM (Open Gym)  12:00PM-4:00PM (Open Gym)
<b>Swim Team- All lanes closed</b> Lap Pool	4:00PM-6:00PM (Swim Team)		4:00PM-7:00PM (Swim Team)		4:00PM-6:00PM (Swim Team)		
<b>Current Pool Closed</b> Current & Play Pool	4:30PM-6:30PM (Scheduled Breaks)	9:00AM-11:00AM (Scheduled Breaks)	9:00AM-10:00AM (Scheduled Breaks)	9:00AM-12:00PM (Scheduled Breaks)			
<b>Group Swim lessons</b> Current & Play Pool	4:30PM-6:45PM (Swim Lessons)		4:30PM-6:30PM (Swim Lessons)			8:30AM-11:45AM (Swim Lessons)	
<b>Pool Closed</b> Lap Pool	4:30PM-6:55PM (Scheduled Breaks)		4:30PM-6:55PM (Scheduled Breaks)				
<b>Sports Clinic</b> Gymnasium	5:00PM-7:00PM (Skills Classes)						
<b>Aqua Zumba®</b> Lap Pool <a href="#">REGISTER</a>	7:00PM-7:50PM (Groupx Aquatics) <i>Shelly M.</i>						
<b>Cardio Combo</b> GroupX Studio <a href="#">REGISTER</a>		8:30AM-9:00AM (Cardio) <i>Cassie M.</i>		9:00AM-9:50AM (Cardio) <i>Cassie M.</i>			
<b>Pure Strength</b> Gymnasium		9:00AM-10:00AM (Group Exercise Class) <i>Melanie V.</i>					
<b>Water Volleyball</b> Lap Pool		9:00AM-10:00AM (Groupx Aquatics)					
<b>Cardio Strength Combo</b> Gymnasium <a href="#">REGISTER</a>		9:00AM-9:50AM (Cardio) <i>Melanie V.</i>			10:00AM-10:50AM (Cardio) <i>Melanie V.</i>		
<b>Les Mills BODYPUMP™</b> GroupX Studio <a href="#">REGISTER</a>		9:00AM-9:50AM (Les Mills) <i>Cassie M.</i>	6:00PM-6:50PM (Les Mills) <i>Cassie M.</i>	10:00AM-10:50AM (Les Mills) <i>Jay B.</i>			
<b>Aqua Fit- Combo</b> Lap Pool		10:00AM-11:00AM (Groupx Aquatics) <i>Melanie V.</i>  6:45PM-7:35PM (Groupx Aquatics) <i>Jan H.</i>		6:45PM-7:35PM (Groupx Aquatics) <i>Jan H.</i>			
<b>Pilates Plus</b> GroupX Studio		10:00AM-10:50AM (Mind, Body, Spirit) <i>Kathy H.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aqua Fit - Combo</b> Lap Pool <a href="#">REGISTER</a>		10:00AM-10:50AM (Aquatic Fitness) <i>Melanie V.</i>  7:00PM-7:50PM (Aquatic Fitness) <i>Jan H.</i>		6:45PM-7:35PM (Aquatic Fitness) <i>Jan H.</i>			
<b>SilverSneakers Classic®</b> Gymnasium <a href="#">REGISTER</a>		11:00AM-12:00PM (Group Exercise Class) <i>Melanie V.</i>  11:00AM-11:00AM (Active Older Adult) <i>Melanie V.</i>	11:00AM-11:50PM (Active Older Adult) <i>Melanie V.</i>	11:00AM-11:50AM (Group Exercise Class)  11:00AM-11:50AM (Active Older Adult) <i>Kathy H.</i>			
<b>Chair Volleyball</b> Gymnasium		12:00PM-1:30PM (Open Gym)					
<b>Volleyball Leagues</b> Gymnasium		5:15PM-8:00PM (Leagues)  5:15PM-8:00PM (Leagues)		5:15PM-8:00PM (Leagues)	5:15PM-8:00PM (Leagues)		
<b>Yoga Flow/ Vinyasa</b> Multi-Purpose Room <a href="#">REGISTER</a>		6:00PM-6:50PM (Mind, Body, Spirit) <i>JoAnn D.</i>					
<b>HIIT</b> GroupX Studio <a href="#">REGISTER</a>		6:15PM-7:05PM (Strength & Conditioning) <i>Tracey R.</i>					
<b>Stretch &amp; Mobility</b> Multi-Purpose Room <a href="#">REGISTER</a>		7:00PM-7:30PM (Active Older Adult) <i>JoAnn D.</i>					
<b>Open Swim</b> Lap Pool		7:40PM-8:30PM (Lap Or Open Swim)	10:00AM-1:00PM (Lap Or Open Swim)	11:00AM-4:30PM (Lap Or Open Swim)  7:40PM-8:30PM (Lap Or Open Swim)	5:30AM-9:00AM (Lap Or Open Swim)  9:00AM-4:00PM (Lap Or Open Swim)  7:00PM-8:30PM (Lap Or Open Swim)	7:00AM-8:30AM (Lap Or Open Swim)  11:45AM-3:30PM (Lap Or Open Swim)	8:00AM-10:00AM (Lap Or Open Swim)  10:00AM-3:30PM (Lap Or Open Swim)
<b>Cardio and Strength Combo</b> Gymnasium			9:00AM-10:00AM (Group Exercise Class) <i>Jay B.</i>				
<b>Aqua Fit</b> Lap Pool			9:00AM-10:00AM (Groupx Aquatics) <i>Melanie V.</i>				
<b>Aqua Boot Camp - Deep Water</b> Lap Pool <a href="#">REGISTER</a>			9:00AM-9:00AM (Aquatic Fitness) <i>Melanie V.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Strength Combo</b> GroupX Studio <a href="#">REGISTER</a>			9:00AM-9:50AM (Cardio) <i>Jay B.</i>				
<b>BOOM Muscle®</b> Gymnasium <a href="#">REGISTER</a>			10:00AM-11:00AM (Group Exercise Class) <i>Jay B.</i>  10:00AM-10:50AM (Active Older Adult) <i>Jay B.</i>				
<b>Cycle &amp; Core</b> GroupX Studio <a href="#">REGISTER</a>			10:00AM-10:50AM (Cycle) <i>Melanie V.</i>				
<b>SilverSneakers Circuit®</b> Gymnasium			11:00AM-12:00PM (Group Exercise Class) <i>Melanie V.</i>				
<b>Archery Tag</b> Gymnasium			5:00PM-6:00PM (Family Activities)				
<b>Stretch &amp; Mobility</b> GroupX Studio <a href="#">REGISTER</a>			5:30PM-6:00PM (Active Older Adult) <i>Cassie M.</i>				
<b>Pilates</b> Multi-Purpose Room <a href="#">REGISTER</a>			6:30PM-7:20PM (Mind, Body, Spirit) <i>Kathy H.</i>				
<b>Yoga Flow</b> GroupX Studio <a href="#">REGISTER</a>				8:30AM-9:00AM (Mind, Body, Spirit) <i>Cassie M.</i>	10:00AM-10:50AM (Mind, Body, Spirit) <i>MaryAnn S.</i>		9:00AM-9:50AM (Mind, Body, Spirit) <i>Cassie M.</i>
<b>Adult Open Swim</b> Current & Play Pool				11:00AM-12:00PM (Lap Or Open Swim)			
<b>Cycle</b> GroupX Studio <a href="#">REGISTER</a>				5:30PM-6:20PM (Cycle) <i>Jay B.</i>		8:00AM-8:50AM (Cycle) <i>Jay B.</i>	
<b>Kettlebell Pump</b> GroupX Studio <a href="#">REGISTER</a>				6:30PM-7:20PM (Strength & Conditioning) <i>Eric F.</i>			
<b>Core Fusion</b> Gymnasium <a href="#">REGISTER</a>					9:30AM-10:00AM (Strength) <i>Melanie V.</i>		
<b>Total Body Blast</b> Gymnasium					10:00AM-11:00AM (Group Exercise Class) <i>Melanie V.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Active Older Adult (AOA) Fitness and Strength</b> Gymnasium <a href="#">REGISTER</a>					11:00AM-12:00PM (Group Exercise Class) <i>Melanie V.</i>  11:00AM-11:50AM (Active Older Adult) <i>Melanie V.</i>		
<b>Group Swim lessons</b> Lap Pool						9:00AM-11:45AM (Swim Lessons)	
<b>Power Sculpt</b> GroupX Studio <a href="#">REGISTER</a>						9:00AM-9:50AM (Strength) <i>Jessica K.</i>	
<b>Core Fusion</b> GroupX Studio <a href="#">REGISTER</a>						10:15AM-11:05AM (Strength) <i>Tracey R.</i>	
<b>Play Feature ON</b> Current & Play Pool						11:45AM-1:00PM (Scheduled Breaks)	11:00AM-1:00PM (Scheduled Breaks)



## West Shore Family YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gymnasium	5:30AM-8:30AM (Open Gym)	5:30AM-10:00AM (Open Gym)	5:30AM-10:00AM (Open Gym)	5:30AM-8:30AM (Open Gym)	5:30AM-10:00AM (Open Gym)		
<b>Lap Swim</b> Pool	6:00AM-7:30PM (Lap Or Open Swim)  11:00AM-7:30PM (Lap Or Open Swim)	6:00AM-7:30PM (Lap Or Open Swim)	6:00AM-10:00AM (Lap Or Open Swim)	6:00AM-7:30PM (Lap Or Open Swim)	6:00AM-10:00AM (Lap Or Open Swim)  11:00AM-6:30PM (Lap Or Open Swim)	8:00AM-1:30PM (Lap Or Open Swim)  9:00PM-1:30PM (Lap Or Open Swim)	
<b>Zumba®</b> Gymnasium	8:30AM-9:20AM (Group Exercise Class) <i>Roula M.</i>  8:30AM-9:20AM (Zumba®) <i>Roula M.</i>		6:00PM-6:50PM (Group Exercise Class) <i>Nicole P.</i>  6:00PM-6:50PM (Zumba®) <i>Nicole P.</i>	8:30AM-9:20AM (Group Exercise Class) <i>Roula M.</i>  8:30AM-9:20AM (Zumba®) <i>Roula M.</i>			9:00AM-9:50AM (Group Exercise Class) <i>Roula M.</i>
<b>Aqua Fit- Shallow Water</b> Pool <a href="#">REGISTER</a>	10:00AM-10:50AM (Groupx Aquatics) <i>Dawn D.</i>		10:00AM-10:50AM (Groupx Aquatics) <i>Dawn D.</i>		10:00AM-10:50AM (Groupx Aquatics) <i>Dawn D.</i>		
<b>Aqua Fit - Shallow Water</b> Pool	10:00AM-10:50AM (Aquatic Fitness) <i>Dawn D.</i>		10:00AM-10:50AM (Aquatic Fitness) <i>Dawn D.</i>		10:00AM-10:50AM (Aquatic Fitness) <i>Dawn D.</i>		
<b>Open Pickleball</b> Gymnasium	11:00AM-1:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)	8:30AM-10:00AM (Pickleball)	
<b>Family Open Gym</b> Gymnasium	1:00PM-2:00PM (Open Gym)	1:00PM-5:00PM (Open Gym)	1:00PM-4:00PM (Open Gym)	1:00PM-5:00PM (Open Gym)	1:00PM-4:00PM (Open Gym)	10:00AM-12:00PM (Open Gym)	9:50AM-10:30AM (Open Gym)
<b>Pure Strength</b> GroupX Studio		9:00AM-9:50AM (Strength) <i>Melissa B.</i>		9:00AM-9:50AM (Strength) <i>Melissa B.</i>			
<b>SilverSneakers Classic®</b> Gymnasium		10:00AM-10:50AM (Group Exercise Class) <i>Rosie D.</i>  10:00AM-10:50AM (Active Older Adult) <i>Rosie D.</i>		10:00AM-10:50AM (Active Older Adult) <i>Dawn D.</i>			
<b>Aqua Fit - Deep Water</b> Pool		10:00AM-10:50AM (Aquatic Fitness) <i>Liam B.</i>					
<b>Aqua Jog</b> Pool		10:00AM-11:00PM (Groupx Aquatics) <i>Liam B.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Yoga®</b> GroupX Studio		11:00AM-11:50AM (Active Older Adult) <i>Christine H.</i>					
<b>Martial Arts</b> Gymnasium		5:00PM-6:45PM (Family Activities)		5:00PM-6:45PM (Family Activities)			
<b>Yoga</b> GroupX Studio		5:00PM-5:50PM (Mind, Body, Spirit) <i>TBD</i>					
<b>Adult Basketball League</b> Gymnasium		7:00PM-10:00PM (Leagues)	7:00PM-10:00PM (Leagues)	7:00PM-10:00PM (Leagues)			
<b>Strength &amp; Balance</b> GroupX Studio			9:00AM-9:50AM (Strength) <i>Rosie D.</i>				
<b>Fitness After 50</b> Gymnasium			10:00AM-10:50AM (Group Exercise Class) <i>Rosie D.</i>  10:00AM-10:50AM (Active Older Adult) <i>Rosie D.</i>		10:00AM-10:50AM (Active Older Adult) <i>TBD</i>  10:00AM-10:50AM (Group Exercise Class)		
<b>Lap and Open swim</b> Pool			11:00AM-7:30PM (Lap Or Open Swim)				9:00AM-9:30AM (Lap Or Open Swim)
<b>Boot Camp</b> GroupX Studio			5:30PM-6:20PM (Strength & Conditioning) <i>Melissa B.</i>				
<b>Line Dance</b> GroupX Studio				11:30AM-12:30PM (Dance) <i>TBD</i>			
<b>Adult Lap Swim</b> Pool				3:00PM-7:30PM (Lap Or Open Swim)			12:00PM-1:30PM (Lap Or Open Swim)
<b>Yoga Basics</b> GroupX Studio				5:00PM-5:50PM (Mind, Body, Spirit) <i>TBD</i>		10:00AM-10:50AM (Mind, Body, Spirit) <i>TBD</i>	
<b>Pick Up Basketball</b> Gymnasium					4:00PM-8:00PM (Open Gym)	12:00PM-2:00PM (Open Gym)	10:30AM-2:00PM (Open Gym)
<b>Family Swim</b> Pool					6:30PM-7:30PM (Lap Or Open Swim)		
<b>Power Yoga</b> GroupX Studio						11:00AM-11:50AM (Mind, Body, Spirit) <i>TBD</i>	
<b>Adult/Family Swim</b> Pool						12:00PM-1:30PM (Lap Or Open Swim)	
<b>Group Swim lessons</b> Pool							10:10AM-11:30AM (Swim Lessons) <i>Dawn D.</i>





## Lakewood Family YMCA | May 25th - May 31st

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> Both Courts	5:30AM-6:00PM (Open Gym)	5:30AM-10:45AM (Open Gym)  2:00PM-6:00PM (Open Gym)	5:30AM-6:00PM (Open Gym)	5:30AM-10:45AM (Open Gym)  2:00PM-6:00PM (Open Gym)	5:30AM-10:45AM (Open Gym)  2:00PM-5:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	8:00AM-6:00PM (Open Gym)
<b>Aqua Fit- Deep Water</b> Pool	8:00AM-8:50AM (Groupx Aquatics) <i>Mary H.</i>	8:00AM-8:50AM (Groupx Aquatics) <i>Daphne D.</i>	8:00AM-8:50AM (Groupx Aquatics) <i>Daphne D.</i>	8:00AM-8:50AM (Groupx Aquatics) <i>Daphne D.</i>			
<b>Aqua Fit- Shallow Water</b> Pool	9:00AM-9:50AM (Groupx Aquatics) <i>Mary H.</i>	9:00AM-9:50AM (Groupx Aquatics) <i>Daphne D.</i>	9:00AM-9:50AM (Groupx Aquatics) <i>Daphne D.</i>	9:00AM-9:50AM (Groupx Aquatics) <i>Daphne D.</i>			
<b>Adult Lap Swim</b> Pool	10:00AM-12:00PM (Lap Or Open Swim)	6:00AM-7:55AM (Lap Or Open Swim)  10:00AM-4:55PM (Lap Or Open Swim)	6:00AM-7:55AM (Lap Or Open Swim)  10:00AM-12:55PM (Lap Or Open Swim)  2:00PM-4:55PM (Lap Or Open Swim)	6:00AM-7:55AM (Lap Or Open Swim)  10:00AM-4:55PM (Lap Or Open Swim)	6:00AM-7:55AM (Lap Or Open Swim)  10:00AM-12:55PM (Lap Or Open Swim)  2:00PM-6:00PM (Lap Or Open Swim)	7:00AM-8:55AM (Lap Or Open Swim)  12:10PM-5:00PM (Lap Or Open Swim)	
<b>Group Swim lessons</b> Pool	4:20PM-7:00PM (Swim Lessons)	4:20PM-7:00PM (Swim Lessons)	4:20PM-7:00PM (Swim Lessons)	4:20PM-7:00PM (Swim Lessons)		8:30AM-12:40PM (Swim Lessons)	
<b>MS Aqua</b> Pool	5:30PM-6:30PM (Groupx Aquatics)						
<b>Adult Basketball League</b> Both Courts	6:15PM-10:00PM (Leagues)	6:15PM-10:00PM (Leagues)	6:15PM-10:00PM (Leagues)	6:15PM-10:00PM (Leagues)			
<b>Family Swim</b> Pool	7:00PM-8:00PM (Lap Or Open Swim)	7:00PM-8:00PM (Lap Or Open Swim)	7:00PM-8:00PM (Lap Or Open Swim)	7:00PM-8:00PM (Lap Or Open Swim)	6:00PM-8:00PM (Lap Or Open Swim)		8:00AM-5:00PM (Lap Or Open Swim)
<b>Les Mills BODYPUMP™</b> GroupX Studio		6:00AM-6:50AM (Les Mills) <i>Rinette S.</i>  5:00PM-5:50PM (Les Mills) <i>Stefanie V.</i>	6:00AM-6:50AM (Les Mills) <i>Patty S.</i>	6:00AM-6:50AM (Les Mills) <i>Rinette S.</i>  9:00AM-9:50AM (Les Mills) <i>Stefanie V.</i>  6:00PM-6:50PM (Les Mills) <i>Juliet S.</i>		9:00AM-9:50AM (Les Mills) <i>Rotating S.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle</b> Cycle Studio		6:00AM-6:50AM (Cycle) <i>Shannon G.</i>  9:00AM-9:50AM (Cycle) <i>April C.</i>  6:00PM-6:50PM (Cycle) <i>Sharon S.</i>		6:30PM-7:20PM (Cycle) <i>April C.</i>	6:00AM-6:50AM (Cycle) <i>April C.</i>  9:00AM-9:50AM (Cycle) <i>Claire C.</i>	8:00AM-8:50AM (Cycle) <i>Tom E.</i>  10:00AM-10:50AM (Cycle) <i>Laura M.</i>	9:00AM-9:50AM (Cycle) <i>Lyn C.</i>
<b>Yoga</b> Community Room		9:00AM-9:50AM (Mind, Body, Spirit) <i>Jacquelyn D.</i>  5:00PM-5:50PM (Mind, Body, Spirit) <i>Cindy M.</i>	5:00PM-5:50PM (Mind, Body, Spirit) <i>Cindy M.</i>			9:00AM-9:50AM (Mind, Body, Spirit) <i>Cindy M.</i>	
<b>Dance Cardio</b> GroupX Studio		9:00AM-9:50AM (Dance) <i>Suzy B.</i>					
<b>SilverSneakers Circuit®</b> GroupX Studio		10:00AM-10:50AM (Active Older Adult) <i>Suzy B.</i>	8:45AM-9:35AM (Active Older Adult) <i>Suzy B.</i>	10:15AM-10:40AM (Active Older Adult) <i>Maureen D.</i>			
<b>Open Pickleball</b> South Court		11:00AM-2:00PM (Pickleball)		11:00AM-2:00PM (Pickleball)	11:00AM-2:00PM (Pickleball)		
<b>Strength &amp; Balance</b> GroupX Studio		11:00AM-11:50AM (Strength) <i>Cynthia S.</i>					
<b>Step</b> GroupX Studio		6:00PM-6:50PM (Step) <i>Mary F.</i>		7:00PM-7:50PM (Step) <i>Mary F.</i>		10:00AM-10:50AM (Step) <i>Mary F.</i>	
<b>Zumba®</b> GroupX Studio		7:00PM-7:50PM (Zumba®) <i>Laura P.</i>			5:00PM-5:50PM (Zumba®) <i>Laura P.</i>	12:00PM-12:50PM (Zumba®) <i>Christina R.</i>	11:15AM-12:05PM (Zumba®) <i>Natalia B.</i>
<b>Strength Basics</b> Personal Training Studio			8:00AM-8:50AM (Strength) <i>Kelly J.</i>				
<b>Pure Strength</b> Personal Training Studio			9:00AM-9:50AM (Strength) <i>Darcy L.</i>		9:00AM-9:50AM (Strength) <i>Darcy L.</i>		
<b>Strength &amp; Balance</b> Community Room			10:00AM-10:50AM (Strength) <i>Suzy B.</i>				
<b>Les Mills BodyCombat™</b> GroupX Studio			10:00AM-10:50AM (Les Mills) <i>Kristin D.</i>		10:25AM-10:50AM (Les Mills) <i>Kristin D.</i>		9:00AM-9:50AM (Les Mills) <i>Juliet S.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Arthritis Water Fitness</b> Pool			1:00PM-1:50PM (Groupx Aquatics) <i>Stephanie N.</i>		1:00PM-1:50PM (Groupx Aquatics) <i>Stephanie N.</i>		
<b>Cardio Dance</b> GroupX Studio			5:00PM-5:50PM (Dance) <i>Laura P.</i>				
<b>Rebound</b> Group Exercise Room			6:00PM-6:50PM (Group Exercise Classes) <i>Mary</i>				
<b>Rebound</b> GroupX Studio			6:00PM-6:50PM (Cardio) <i>Mary F.</i>				
<b>Chair Yoga</b> Community Room				11:00AM-11:50AM (Mind, Body, Spirit) <i>Kelly J.</i>	11:00AM-11:50AM (Mind, Body, Spirit) <i>Andrea H.</i>		
<b>HIIT Express</b> GroupX Studio				5:00PM-5:25PM (Strength & Conditioning) <i>Ingrid N.</i>			
<b>Cycle Express</b> Cycle Studio				5:30PM-5:55PM (Cycle) <i>Ingrid N.</i>			
<b>HIIT</b> Personal Training Studio				5:30PM-6:20PM (Strength & Conditioning) <i>April C.</i>			
<b>Yoga Flow</b> Community Room				5:30PM-6:20PM (Mind, Body, Spirit) <i>Annie G.</i>			10:00AM-10:50AM (Mind, Body, Spirit) <i>Daphne D.</i>
<b>Barre</b> GroupX Studio					6:00AM-6:50AM (Mind, Body, Spirit) <i>Patty S.</i>		
<b>Gentle Flow Yoga</b> GroupX Studio					8:00AM-8:50AM (Mind, Body, Spirit) <i>Donna K.</i>		
<b>Flexible Core</b> GroupX Studio					9:00AM-9:50AM (Strength) <i>Ingrid N.</i>		
<b>Qigong</b> Community Room					9:00AM-9:50AM (Mind, Body, Spirit) <i>Paul Z.</i>	1:00PM-1:50PM (Mind, Body, Spirit) <i>Paul Z.</i>	
<b>Les Mills CORE™</b> GroupX Studio					10:00AM-10:25AM (Les Mills) <i>Kristin D.</i>		
<b>Open Net Volleyball</b> South Court					5:00PM-9:00PM (Open Gym)		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> North Court					5:00PM-9:00PM (Open Gym)		
<b>Pilates + Barre</b> GroupX Studio						8:00AM-8:50AM (Mind, Body, Spirit) <i>Alexandra H.</i>	
<b>Lap swim 2 lanes</b> Pool						10:00AM-12:00PM (Lap Or Open Swim)	
<b>Pure Strength</b> GroupX Studio						11:00AM-11:50AM (Strength) <i>Laura M.</i>	10:15AM-11:05AM (Strength) <i>Mary F.</i>
<b>Basin Closed for program</b> Pool						3:30PM-5:00PM (Scheduled Breaks)	



## Warrensville Heights Family YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gymnasium	6:00AM-8:00AM (Open Gym)  4:00PM-5:30PM (Open Gym)  7:00PM-8:45PM (Open Gym)	6:00AM-5:30PM (Open Gym)  8:00PM-8:45PM (Open Gym)	6:00AM-5:30PM (Open Gym)  7:30PM-8:45PM (Open Gym)	6:00AM-5:30PM (Open Gym)	6:00AM-4:00PM (Open Gym)  4:00PM-8:30PM (Open Gym)	7:00AM-10:30AM (Open Gym)	8:00AM-9:00AM (Open Gym)
<b>Adult Swim</b> Open Swim	7:00AM-9:00AM (Lap Or Open Swim)	7:00AM-12:30PM (Lap Or Open Swim)  1:00PM-3:30PM (Lap Or Open Swim)	7:00AM-9:00AM (Lap Or Open Swim)	7:00AM-12:30PM (Lap Or Open Swim)  1:00PM-3:30PM (Lap Or Open Swim)	7:00AM-9:00AM (Lap Or Open Swim)  2:00PM-3:30PM (Lap Or Open Swim)		
<b>Lap/Rec Swim</b> Lap Pool	7:00AM-8:00AM (Lap Or Open Swim)  8:00AM-9:00AM (Lap Or Open Swim)  2:00PM-3:00PM (Lap Or Open Swim)  3:00PM-3:30PM (Lap Or Open Swim)  4:00PM-5:00PM (Lap Or Open Swim)  5:00PM-6:00PM (Lap Or Open Swim)  6:00PM-7:00PM (Lap Or Open Swim)  7:00PM-8:00PM (Lap Or Open Swim)	7:00AM-8:00AM (Lap Or Open Swim)  8:00AM-9:00AM (Lap Or Open Swim)  9:00AM-10:00AM (Lap Or Open Swim)  10:00AM-11:00AM (Lap Or Open Swim)  12:00PM-12:30PM (Lap Or Open Swim)  1:00PM-2:00PM (Lap Or Open Swim)  2:00PM-3:00PM (Lap Or Open Swim)  3:00PM-3:30PM (Lap Or Open Swim)  4:00PM-5:00PM (Lap Or Open Swim)	7:00AM-8:00PM (Lap Or Open Swim)  8:00AM-9:00AM (Lap Or Open Swim)  2:00PM-3:00PM (Lap Or Open Swim)  3:00PM-4:00PM (Lap Or Open Swim)  4:00PM-5:00PM (Lap Or Open Swim)  5:00PM-6:00PM (Lap Or Open Swim)  6:00PM-7:00PM (Lap Or Open Swim)  7:00PM-8:00PM (Lap Or Open Swim)	7:00AM-8:00AM (Lap Or Open Swim)  8:00AM-9:00AM (Lap Or Open Swim)  10:00AM-11:00AM (Lap Or Open Swim)  12:00PM-12:30PM (Lap Or Open Swim)  1:00PM-2:00PM (Lap Or Open Swim)  2:00PM-3:00PM (Lap Or Open Swim)  3:00PM-3:30PM (Lap Or Open Swim)  4:00PM-5:00PM (Lap Or Open Swim)	7:00AM-8:00AM (Lap Or Open Swim)  8:00AM-9:00AM (Lap Or Open Swim)  2:00PM-3:00PM (Lap Or Open Swim)  3:00PM-3:30PM (Lap Or Open Swim)  4:00PM-5:00PM (Lap Or Open Swim)  5:00PM-6:00PM (Lap Or Open Swim)  6:00PM-7:00PM (Lap Or Open Swim)  7:00PM-8:00PM (Lap Or Open Swim)	1:00PM-2:00PM (Lap Or Open Swim)  2:00PM-3:00PM (Lap Or Open Swim)	9:00AM-2:00PM (Lap Or Open Swim)
<b>Aqua Fit</b> Pool <a href="#">REGISTER</a>	9:30AM-10:20AM (Groupx Aquatics) Yvonne J.		9:30AM-10:20AM (Groupx Aquatics) Yvonne J.		9:30AM-10:20AM (Groupx Aquatics) Yvonne J.		
<b>SilverSneakers Classic®</b> GroupX Studio	10:30AM-11:20AM (Active Older Adult) Katina D.	11:30AM-12:20PM (Active Older Adult) Angela M.	10:30AM-11:20AM (Active Older Adult) Angela M.	10:30AM-11:20AM (Active Older Adult) Angela M.			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aqua Tone</b> Pool <a href="#">REGISTER</a>	10:30AM-11:20AM (Groupx Aquatics) <i>Janice M.</i>		10:30AM-11:20AM (Groupx Aquatics) <i>Janice M.</i>		10:30AM-11:20AM (Groupx Aquatics) <i>Janice M.</i>		
<b>HIIT</b> Cycle Studio/iWall/YMCA360	11:00AM-2:30PM (Strength & Conditioning) <i>YMCA 3.</i>  3:15PM-4:50PM (Strength & Conditioning) <i>YMCA 3.</i>	11:00AM-2:30PM (Strength & Conditioning) <i>YMCA 3.</i>  3:15PM-4:50PM (Strength & Conditioning) <i>YMCA 3.</i>	11:00AM-2:30PM (Strength & Conditioning) <i>YMCA 3.</i>	3:15PM-4:45PM (Strength & Conditioning) <i>YMCA 3.</i>	11:00AM-2:30PM (Strength & Conditioning) <i>YMCA 3.</i>  3:15PM-4:45PM (Strength & Conditioning) <i>YMCA 3.</i>		
<b>Aquacise</b> Pool <a href="#">REGISTER</a>	11:30AM-12:20PM (Groupx Aquatics) <i>Charles H.</i>		11:30AM-12:20PM (Groupx Aquatics) <i>Charles H.</i>		11:30AM-12:20PM (Groupx Aquatics) <i>Charles H.</i>		
<b>Lifeguard break</b> Pool	12:30PM-1:00PM (Scheduled Breaks)  3:30PM-4:00PM (Scheduled Breaks)	12:30PM-1:00PM (Scheduled Breaks)  3:30PM-4:00PM (Scheduled Breaks)	12:30PM-1:00PM (Scheduled Breaks)  3:30PM-4:00PM (Scheduled Breaks)	12:30PM-1:00PM (Scheduled Breaks)  3:30PM-4:00PM (Scheduled Breaks)	12:30PM-1:00PM (Scheduled Breaks)  3:30PM-4:00PM (Scheduled Breaks)		
<b>Arthritis Water Fitness</b> Pool <a href="#">REGISTER</a>	1:00PM-1:50PM (Groupx Aquatics) <i>Charles H.</i>		1:00PM-1:50PM (Groupx Aquatics) <i>Charles H.</i>		1:00PM-1:50PM (Groupx Aquatics) <i>Charles H.</i>		
<b>BOOM Move®</b> GroupX Studio	2:00PM-2:45PM (Active Older Adult) <i>Angela M.</i>	9:30AM-10:20AM (Active Older Adult) <i>Angela M.</i>		9:30AM-10:20AM (Active Older Adult) <i>Angela M.</i>			
<b>Adult Swim</b> Pool	2:00PM-3:00PM (Lap Or Open Swim)						
<b>Adult/Family Swim</b> Open Swim	4:00PM-8:00PM (Lap Or Open Swim)		4:00PM-5:30PM (Lap Or Open Swim)  7:00PM-8:00PM (Lap Or Open Swim)		4:00PM-8:00PM (Lap Or Open Swim)		9:00AM-2:00PM (Lap Or Open Swim)
<b>Family Mix</b> Cycle Studio/iWall/YMCA360	6:00PM-8:00PM (Family And Kids) <i>YMCA 3.</i>	6:05PM-8:00PM (Family And Kids) <i>YMCA 3.</i>			6:05PM-8:00PM (Family And Kids) <i>YMCA 3.</i>		
<b>Step</b> GroupX Studio	6:00PM-7:00PM (Step) <i>Gail S.</i>						
<b>Basketball league</b> Gymnasium	6:00PM-7:00PM (Leagues)	5:30PM-8:00PM (Leagues)	5:00PM-7:30PM (Leagues)	5:30PM-8:00PM (Leagues)		9:00AM-3:00PM (Leagues)	
<b>Women on Weights</b> Multipurpose Room	6:00PM-7:00PM (Strength) <i>Debra T.</i>	9:30AM-10:20AM (Strength) <i>Yvonne J.</i>					
<b>SilverSneakers Yoga®</b> GroupX Studio		10:30AM-11:20AM (Active Older Adult) <i>Angela M.</i>	9:30AM-10:20AM (Active Older Adult) <i>Angela M.</i>	11:30AM-12:15PM (Active Older Adult) <i>Angela M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap/Rec Swim</b> Pool <a href="#">REGISTER</a>		11:00AM-12:00PM (Lap Or Open Swim)		11:00AM-12:00PM (Lap Or Open Swim)			
<b>Teen Zone</b> Open Swim		4:00PM-5:00PM (Lap Or Open Swim)		4:00PM-5:00PM (Lap Or Open Swim)			
<b>iWall</b> Cycle Studio/iWall/YMCA360		5:00PM-6:00PM (Family And Kids) <i>Test I.</i>		5:00PM-6:00PM (Family And Kids) <i>Test I.</i>			
<b>Group Swim lessons</b> Pool		5:00PM-7:00PM (Swim Lessons)		5:00PM-8:00PM (Swim Lessons)		10:00AM-1:00PM (Swim Lessons)	
<b>BOSU Core and Strength</b> Multipurpose Room		6:00PM-7:00PM (Strength) <i>Debra T.</i>					
<b>Arthritis Foundation Exercise Program</b> GroupX Studio			11:30AM-12:20PM (Active Older Adult) <i>Angela M.</i>				
<b>Open Swim</b> Open Swim			2:00PM-3:30PM (Lap Or Open Swim)				
<b>Strength Basics</b> Cycle Studio/iWall/YMCA360			4:15PM-4:45PM (Strength) <i>YMCA 3.</i>				
<b>Group Swim lessons</b> Open Swim			5:30PM-7:00PM (Swim Lessons)				
<b>HIIT</b> GroupX Studio			6:00PM-7:00PM (Strength & Conditioning) <i>Debra T.</i>				9:00AM-10:30AM (Strength & Conditioning) <i>Shondell S.</i>
<b>Cycle</b> Cycle Studio/iWall/YMCA360			6:30PM-7:30PM (Cycle) <i>TBD</i>				
<b>Lap swim 2 lanes</b> Lap Pool <a href="#">REGISTER</a>				9:00AM-10:00AM (Lap Or Open Swim)			
<b>Core and More</b> Multipurpose Room				9:30AM-10:20AM (Strength) <i>Yvonne J.</i>			
<b>Fun Fitness</b> Cycle Studio/iWall/YMCA360				11:00AM-2:30PM (Active Older Adult) <i>YMCA 3.</i>			
<b>Cardio Strength Combo</b> GroupX Studio				6:00PM-7:00PM (Cardio) <i>Gail S.</i>			
<b>Yoga</b> Multipurpose Room				6:00PM-7:50PM (Mind, Body, Spirit) <i>TBD</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Adult Open Gym</b> Gymnasium				8:00PM-8:45PM (Open Gym)			
<b>Zumba®</b> Multipurpose Room					11:00AM-11:50AM (Zumba®) <i>Yvonne J.</i>		
<b>Line Dance</b> GroupX Studio					6:00PM-7:00PM (Dance) <i>Test I.</i>		
<b>Yoga</b> GroupX Studio						9:00AM-9:50AM (Mind, Body, Spirit) <i>TBD</i>	
<b>Cycle Express</b> Cycle Studio/iWall/YMCA360						10:00AM-11:00AM (Cycle) <i>TBD</i>	
<b>Dance Cardio</b> GroupX Studio						11:00AM-12:00PM (Dance) <i>Gail S.</i>	
<b>Adult/Family Swim</b> Pool						1:00PM-3:00PM (Lap Or Open Swim) <i>Test I.</i>	
<b>Open Basketball</b> Gymnasium						3:00PM-3:45PM (Open Gym)	



## West Park-Fairview Family YMCA | May 25th - May 31st

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> Gymnasium	6:00AM-8:15PM (Open Gym)  12:00PM-4:00PM (Open Gym)  6:00PM-8:45PM (Open Gym)	6:00AM-10:15AM (Open Gym)	6:00AM-8:00AM (Open Gym)  11:30AM-4:55PM (Open Gym)  5:00PM-8:30PM (Open Gym)	6:00AM-10:15AM (Open Gym)  11:30AM-4:00PM (Open Gym)  6:00PM-8:45PM (Open Gym)	6:00AM-9:15AM (Open Gym)  11:30AM-4:00PM (Open Gym)  5:00PM-8:45PM (Open Gym)	8:00AM-9:30AM (Open Gym)  2:00PM-3:45PM (Open Gym)	10:00AM-4:00PM (Open Gym)
<b>Lap and Open swim</b> Pool	7:30AM-12:30PM (Lap Or Open Swim)	7:00AM-4:45PM (Lap Or Open Swim)	7:00AM-11:00AM (Lap Or Open Swim)  12:00PM-1:00PM (Lap Or Open Swim)	7:00AM-9:30AM (Lap Or Open Swim)  10:30AM-12:45PM (Lap Or Open Swim)  3:15PM-4:45PM (Lap Or Open Swim)	7:00AM-4:45PM (Lap Or Open Swim)	8:00AM-9:30AM (Lap Or Open Swim)	10:30AM-12:30PM (Lap Or Open Swim)
<b>Open Pickleball</b> Gymnasium	8:00AM-11:00PM (Pickleball)		8:00AM-10:00AM (Pickleball)			10:00AM-1:00PM (Pickleball)	
<b>Preschool or Aftercare programs</b> Gymnasium	11:15AM-12:00PM (Rentals Or Programing)			4:00PM-5:00PM (Rentals Or Programing) <i>TBD</i>	10:30AM-11:30AM (Rentals Or Programing)		
<b>Family Open Gym</b> Gymnasium	4:00PM-5:00PM (Open Gym)					1:00PM-2:00PM (Open Gym)	
<b>Pure Strength</b> GroupX Studio	6:15PM-7:10PM (Strength) <i>Andrea H.</i>	9:15AM-10:25AM (Strength) <i>Adria H.</i>		6:30PM-7:20PM (Strength) <i>Angela V.</i>	9:15AM-10:00AM (Strength) <i>Jennifer V.</i>	8:30AM-9:20AM (Strength) <i>TBD</i>	
<b>SilverSneakers Classic®</b> Gymnasium		10:30AM-11:30AM (Group Exercise Class) <i>Christine L.</i>		10:30AM-11:30AM (Group Exercise Class)  10:30AM-11:20AM (Active Older Adult) <i>Teresa R.</i>			
<b>SilverSneakers Classic®</b> GroupX Studio		10:30AM-11:20AM (Active Older Adult) <i>Christine L.</i>					
<b>Group Swim lessons</b> Pool		4:45PM-7:00PM (Swim Lessons)		4:45PM-7:00PM (Swim Lessons)		9:30AM-11:30AM (Swim Lessons)	
<b>Gym Closed</b> Gymnasium		5:45PM-6:45PM (Rentals Or Programing) <i>Sis W.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cardio Kickboxing</b> Gymnasium		5:45PM-6:45PM (Cardio) <i>Sis W.</i>					
<b>Zumba®</b> GroupX Studio		6:00PM-6:50PM (Zumba®) <i>Nicole P.</i>					
<b>Adult Lap Swim</b> Pool		7:00PM-8:30PM (Lap Or Open Swim)	7:00PM-8:30PM (Lap Or Open Swim)	7:00PM-8:30PM (Lap Or Open Swim)			
<b>Barre</b> GroupX Studio		7:00PM-7:50PM (Mind, Body, Spirit) <i>Alexandra H.</i>					
<b>Adult Basketball League</b> Gymnasium		7:00PM-10:00PM (Leagues) <i>Ruben M.</i>	8:30PM-9:30PM (Leagues) <i>Ruben M.</i>				
<b>Baby &amp; Me &amp; More Stroller Fitness</b> GroupX Studio			9:00AM-9:50AM (Family And Kids) <i>Alexandra H.</i>				
<b>Chair Yoga</b> GroupX Studio			10:00AM-10:50AM (Mind, Body, Spirit) <i>TBD</i>				
<b>Aqua Fit</b> Pool			11:00AM-11:50AM (Aquatic Fitness) <i>TBD</i>			11:30AM-12:15PM (Aquatic Fitness) <i>TBD</i>	
<b>Aqua Fit- Deep Water</b> Pool			11:00AM-11:50AM (Groupx Aquatics)			11:30AM-12:15PM (Groupx Aquatics)	
<b>Family Swim</b> Pool			3:15PM-6:00PM (Lap Or Open Swim)		4:45PM-8:00PM (Lap Or Open Swim)	12:05PM-2:00PM (Lap Or Open Swim)	12:30PM-2:30PM (Lap Or Open Swim)
<b>Cycle</b> GroupX Studio			5:45PM-6:15PM (Cycle) <i>Adria H.</i>	6:15AM-7:00AM (Cycle) <i>TBD</i>			
<b>Aquacise</b> Pool			6:15PM-7:00PM (Groupx Aquatics) <i>Delinda H.</i>  6:15PM-7:00PM (Aquatic Fitness) <i>Delinda H.</i>				
<b>Core and More</b> GroupX Studio			6:15PM-6:45PM (Strength) <i>Adria H.</i>				
<b>Yoga Flow/ Vinyasa</b> GroupX Studio			7:15PM-7:55PM (Mind, Body, Spirit) <i>TBD</i>				
<b>Lap Lanes Closed</b> Pool				9:30AM-10:30AM (Scheduled Breaks)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Step Express</b> GroupX Studio				5:45PM-6:15PM (Step) <i>Delinda H.</i>			
<b>Pilates</b> GroupX Studio				7:30PM-8:20PM (Mind, Body, Spirit) <i>Alexandra H.</i>			
<b>Baby &amp; Me &amp; More Stroller Fitness</b> Gymnasium					9:15AM-10:00AM (Family And Kids) <i>Alexandra H.</i>		
<b>Fitness After 50</b> GroupX Studio					10:30AM-11:20AM (Active Older Adult) <i>TBD</i>		
<b>Line Dance</b> GroupX Studio					11:30AM-12:30PM (Dance) <i>TBD</i>		
<b>Family Open Gym</b> Half Court					4:00PM-5:00PM (Open Gym)		
<b>Boot Camp</b> GroupX Studio						9:30AM-10:20AM (Strength & Conditioning) <i>Deirdre O.</i>	



## North Royalton Family YMCA | May 25th - May 31st

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Pickleball</b> Gymnasium	6:00AM-9:30AM (Pickleball)	12:45PM-2:45PM (Pickleball)	6:00AM-9:30AM (Pickleball)	12:45PM-2:45PM (Pickleball)	6:00AM-8:50AM (Pickleball)		
<b>Cycle</b> Cycle Studio	6:15AM-7:05AM (Cycle) <i>Jerry W.</i>  9:00AM-9:50AM (Cycle) <i>Denise M.</i>	10:00AM-10:50AM (Cycle) <i>Gary D.</i>	9:00AM-9:50AM (Cycle) <i>Denise M.</i>	10:00AM-10:50AM (Cycle) <i>Martha C.</i>  6:00PM-6:50PM (Cycle) <i>Christine L.</i>	6:15AM-7:05AM (Cycle) <i>Christine L.</i>  9:00AM-9:50AM (Cycle) <i>Denise M.</i>	9:00AM-9:50AM (Cycle) <i>Christine L.</i>	
<b>Adult Lap Swim Lanes 1-8</b> Pool	6:30AM-8:00AM (Lap Or Open Swim)	6:30AM-8:00AM (Lap Or Open Swim)	6:30AM-8:00AM (Lap Or Open Swim)	6:30AM-8:00AM (Lap Or Open Swim)	6:30AM-8:00AM (Lap Or Open Swim)		
<b>Adult Lap Swim Lanes 1-5</b> Pool	8:00AM-3:30PM (Lap Or Open Swim)  8:00PM-8:30PM (Lap Or Open Swim)	8:00AM-3:30PM (Lap Or Open Swim)  7:45PM-8:30PM (Lap Or Open Swim)	8:00AM-3:30PM (Lap Or Open Swim)  8:00PM-8:30PM (Lap Or Open Swim)	8:00AM-3:30PM (Lap Or Open Swim)  7:45PM-8:30PM (Lap Or Open Swim)	8:00AM-3:30PM (Lap Or Open Swim)  7:00PM-8:30PM (Lap Or Open Swim)	7:30AM-5:30PM (Lap Or Open Swim)	8:30AM-3:30PM (Lap Or Open Swim)
<b>Aqua Fit- Shallow Water</b> Pool	9:00AM-9:50PM (Groupx Aquatics) <i>Kimberly H.</i>  10:00AM-10:50AM (Groupx Aquatics) <i>Kimberly H.</i>				9:00AM-9:50AM (Groupx Aquatics) <i>Kimberly H.</i>		
<b>Aqua Fit - Shallow Water</b> Pool	9:00AM-9:50AM (Aquatic Fitness) <i>Kimberly H.</i>  10:00AM-10:50AM (Aquatic Fitness) <i>Kimberly H.</i>				9:00AM-9:50AM (Aquatic Fitness) <i>Kimberly H.</i>  11:00AM-11:50AM (Aquatic Fitness) <i>Kimberly H.</i>		
<b>Step</b> GroupX Studio	9:00AM-9:50AM (Step) <i>Chris P.</i>						
<b>Les Mills BodyBalance™</b> Spirit, Mind and Body Studio	9:00AM-10:00AM (Les Mills) <i>Lisa P.</i>				11:00AM-11:30AM (Les Mills) <i>Lisa P.</i>		
<b>Open Basketball</b> Gymnasium	9:30AM-10:50PM (Open Gym)  12:00PM-8:45PM (Open Gym)	6:00AM-8:50AM (Open Gym)  2:45PM-8:45PM (Open Gym)	1:00PM-8:45PM (Open Gym)	6:00AM-8:50AM (Open Gym)  2:45PM-6:15PM (Open Gym)	10:00AM-8:45PM (Open Gym)	7:00AM-5:45PM (Open Gym)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba®</b> GroupX Studio	10:00AM-10:50AM (Zumba®) <i>Suzanne G.</i>  7:10PM-8:00PM (Zumba®) <i>Suzanne G.</i>			7:10PM-8:00PM (Zumba®) <i>Suzanne G.</i>		9:00AM-9:50AM (Zumba®) <i>Suzanne G.</i>	10:15AM-11:00AM (Zumba®) <i>Dana D.</i>
<b>Pilates</b> Spirit, Mind and Body Studio	10:00AM-10:50AM (Mind, Body, Spirit) <i>Christine L.</i>						
<b>Open Swim Lanes 6-8</b> Pool	10:50AM-12:00PM (Lap Or Open Swim)  12:50PM-5:30PM (Lap Or Open Swim)  8:00PM-8:30PM (Lap Or Open Swim)	11:50AM-5:30PM (Lap Or Open Swim)  8:00PM-8:30PM (Lap Or Open Swim)	10:00AM-5:30PM (Lap Or Open Swim)  8:00PM-8:30PM (Lap Or Open Swim)	10:50AM-5:30PM (Lap Or Open Swim)  8:00PM-8:30PM (Lap Or Open Swim)	10:00AM-10:50AM (Lap Or Open Swim)  2:00PM-5:30PM (Lap Or Open Swim)	7:30AM-8:45AM (Lap Or Open Swim)  1:00PM-5:30PM (Lap Or Open Swim)	8:30AM-3:30PM (Lap Or Open Swim)
<b>Fitness After 50</b> Gymnasium	11:00AM-11:50AM (Active Older Adult) <i>Christine L.</i>  11:00AM-11:50AM (Group Exercise Class)						
<b>Arthritis Water Fitness</b> Pool	12:00PM-12:50PM (Groupx Aquatics) <i>Kimberly H.</i>  12:00PM-12:50PM (Aquatic Fitness) <i>Kimberly H.</i>				12:00PM-12:50PM (Groupx Aquatics) <i>Kimberly H.</i>  12:00PM-12:50PM (Aquatic Fitness) <i>Kimberly H.</i>		
<b>SilverSneakers Yoga®</b> GroupX Studio	12:00PM-12:50PM (Active Older Adult) <i>Kristie B.</i>						
<b>RYD swim team lanes 1-3</b> Pool	3:30PM-5:30PM (Swim Team)	3:30PM-5:30PM (Swim Team)	3:30PM-5:30PM (Swim Team)	3:30PM-5:30PM (Swim Team)	3:30PM-5:30PM (Swim Team)		
<b>Les Mills CORE™</b> GroupX Studio	5:00PM-5:50PM (Les Mills) <i>Denise M.</i>		10:00AM-11:00AM (Les Mills) <i>Denise M.</i>  5:00PM-6:00PM (Les Mills) <i>Emily M.</i>				
<b>RYD Swim Team Lanes 1-5</b> Pool	5:00PM-8:00PM (Swim Team)	5:00PM-7:45PM (Swim Team)	5:00PM-8:00PM (Swim Team)	5:00PM-7:45PM (Swim Team)	5:00PM-7:00PM (Swim Team)		
<b>Group Swim lessons</b> Pool	5:30PM-8:00PM (Swim Lessons)	5:30PM-8:00PM (Swim Lessons)	5:30PM-8:00PM (Swim Lessons)	5:30PM-8:00PM (Swim Lessons)		9:00AM-1:00PM (Swim Lessons)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Les Mills BODYPUMP™</b> GroupX Studio	6:00PM-7:00PM (Les Mills) <i>Denise M.</i>	10:00AM-11:00AM (Les Mills) <i>Lisa P.</i>  5:00PM-6:00PM (Les Mills) <i>Laura W.</i>	6:00PM-7:00PM (Les Mills) <i>Denise M.</i>	11:00AM-12:00PM (Les Mills) <i>Denise M.</i>		10:00AM-11:00AM (Les Mills) <i>Laura W.</i>	
<b>Move 2 Lose</b> <b>*Registration Required*</b> Spirit, Mind and Body Studio	6:00PM-7:00PM (Fee Based Class) <i>TBD</i>		6:00PM-7:00PM (Fee Based Class) <i>TBD</i>	8:30AM-9:30AM (Fee Based Class) <i>Lisa P.</i>			
<b>Pure Strength</b> GroupX Studio		6:15AM-7:00AM (Strength) <i>Christine L.</i>					
<b>Move 2 Lose</b> <b>*Registration Required*</b> GroupX Studio		8:30AM-9:30AM (Fee Based Class) <i>Lisa P.</i>					
<b>Aqua Fit - Deep Water</b> Pool		9:00AM-9:50AM (Aquatic Fitness) <i>Kimberly H.</i>  10:00AM-10:50AM (Aquatic Fitness) <i>Kimberly H.</i>		9:00AM-9:50AM (Aquatic Fitness) <i>Kimberly H.</i>  10:00AM-10:50AM (Aquatic Fitness) <i>Kimberly H.</i>			
<b>Zumba®</b> Gymnasium		9:00AM-9:50AM (Zumba®) <i>Dana D.</i>  9:00AM-10:50AM (Group Exercise Class)		9:00AM-9:50AM (Group Exercise Class)  9:00AM-9:50AM (Zumba®) <i>Dana D.</i>	9:00AM-9:50AM (Group Exercise Class)  9:00AM-9:50AM (Zumba®) <i>Dana D.</i>		
<b>Aqua Fit- Deep Water</b> Pool		9:00AM-9:50AM (Groupx Aquatics) <i>Kimberly H.</i>  10:00AM-10:50AM (Groupx Aquatics) <i>Kimberly H.</i>		9:00AM-9:50AM (Groupx Aquatics) <i>Kimberly H.</i>  10:00AM-10:50AM (Groupx Aquatics) <i>Kimberly H.</i>			
<b>Walk 15®</b> Gymnasium		10:00AM-10:50AM (Cardio) <i>Christine K.</i>		10:00AM-10:50AM (Cardio) <i>Christine K.</i>			
<b>Open Pickleball</b> Back Court		11:00AM-12:45PM (Pickleball)  11:00AM-12:45PM (Pickleball)		11:00AM-12:45PM (Pickleball)			
<b>Aqua Cardio Dance</b> Pool		11:00AM-11:50AM (Aquatic Fitness) <i>Mary K.</i>					
<b>Open Basketball</b> Front Court		11:00AM-12:45PM (Open Gym)		11:00AM-12:45PM (Open Gym)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aqua Dance</b> Pool		11:00AM-11:50AM (Groupx Aquatics) <i>Mary K.</i>			1:00PM-1:50PM (Aquatic Fitness) <i>Mary K.</i>  1:15PM-2:00PM (Groupx Aquatics) <i>Mary K.</i>		
<b>BOOM Muscle®</b> GroupX Studio		11:05AM-11:35AM (Active Older Adult) <i>Val K.</i>					
<b>Chair Yoga</b> GroupX Studio		11:40AM-12:25PM (Mind, Body, Spirit) <i>Val K.</i>					
<b>Les Mills BodyBalance™</b> GroupX Studio		6:00PM-6:50PM (Les Mills) <i>Molly H.</i>				11:10AM-12:10PM (Les Mills) <i>Laura W.</i>	
<b>Yoga: Healthy Spine &amp; Hips</b> GroupX Studio		7:00PM-7:50PM (Mind, Body, Spirit) <i>Lauren N.</i>					
<b>Mid-level Cardio</b> GroupX Studio			8:00AM-8:50AM (Cardio) <i>Chris P.</i>				
<b>Cardio Kickboxing</b> GroupX Studio			9:00AM-9:50AM (Cardio) <i>Kristie B.</i>				
<b>Open Gym</b> Gymnasium			9:30AM-10:50AM (Open Gym)				8:00AM-3:45PM (Open Gym)
<b>SilverSneakers Yoga®</b> Gymnasium			11:00AM-11:50AM (Active Older Adult) <i>Vicki C.</i>  11:10AM-12:00PM (Group Exercise Class)				
<b>SilverSneakers Classic®</b> Gymnasium			12:00PM-12:50PM (Active Older Adult) <i>Vicki C.</i>  12:10PM-1:00PM (Group Exercise Class)				
<b>Barre</b> GroupX Studio				10:00AM-10:50AM (Mind, Body, Spirit) <i>Andrea C.</i>			
<b>SilverSneakers Yoga®</b> Spirit, Mind and Body Studio				11:00AM-11:50AM (Active Older Adult) <i>Vicki C.</i>			
<b>Step Fusion</b> GroupX Studio				6:00PM-6:50PM (Step) <i>Christy M.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Adult Basketball League</b> Gymnasium				6:15PM-11:00PM (Leagues)			
<b>Les Mills CORE™</b> Spirit, Mind and Body Studio					10:00AM-10:50AM (Les Mills) <i>Emily M.</i>		
<b>TRX Circuit</b> GroupX Studio					10:00AM-10:50AM (Trx) <i>Lisa P.</i>		
<b>TRX Circuit</b> Spirit, Mind, Body Studio					11:00AM-11:50AM (Small Group and Specialty Training) <i>Denise</i>		
<b>Aqua Fit</b> Pool					11:00AM-11:50AM (Groupx Aquatics) <i>Kimberly H.</i>		
<b>SilverSneakers Classic®</b> GroupX Studio					11:00AM-11:50AM (Active Older Adult) <i>Vicki C.</i>		
<b>Fitness After 50</b> GroupX Studio					12:00PM-12:50PM (Active Older Adult) <i>Mary K.</i>		
<b>Pilates</b> GroupX Studio						8:00AM-8:50AM (Mind, Body, Spirit) <i>Christine L.</i>	
<b>Basketball league</b> Gymnasium						8:30PM-5:45PM (Leagues)	



## Hillcrest Family YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Open Gym</b> Gymnasium	7:00AM-7:30AM (Open Gym)	6:00AM-7:45AM (Open Gym)	6:00AM-10:50AM (Open Gym)  12:00PM-1:00PM (Open Gym)	6:00AM-7:45AM (Open Gym)	6:00AM-9:45AM (Open Gym)  11:00AM-1:00PM (Open Gym)	7:00AM-9:00AM (Open Gym)	8:00AM-9:45AM (Open Gym)
<b>Family Swim</b> Pool	7:00AM-12:30PM (Lap Or Open Swim)	3:00PM-4:00PM (Lap Or Open Swim)	10:00AM-10:25AM (Lap Or Open Swim)  12:25PM-3:40PM (Lap Or Open Swim)	10:00AM-10:25AM (Lap Or Open Swim)  3:05PM-3:45PM (Lap Or Open Swim)	9:00AM-12:00PM (Lap Or Open Swim)  12:20PM-4:00PM (Lap Or Open Swim)	8:00AM-9:00AM (Lap Or Open Swim)  1:15PM-2:00PM (Lap Or Open Swim)	9:00AM-1:00PM (Lap Or Open Swim)
<b>Gym Rental</b> Gymnasium	7:30AM-9:30AM (Rentals Or Programing)						
<b>HIIT</b> GroupX Studio <a href="#">REGISTER</a>	9:00AM-9:50AM (Strength & Conditioning) <i>Andrew J.</i>						
<b>Family Open Gym</b> Gymnasium	9:30AM-12:30PM (Open Gym)	12:00PM-6:00PM (Open Gym)  7:00PM-8:30PM (Open Gym)	3:00PM-6:00PM (Open Gym)  8:00PM-8:30PM (Open Gym)	11:00AM-6:00PM (Open Gym)  8:00PM-8:30PM (Open Gym)	3:00PM-4:45PM (Open Gym)  8:00PM-8:30PM (Open Gym)	2:45PM-4:30PM (Open Gym)	
<b>Cycle</b> Cycle Studio <a href="#">REGISTER</a>	10:00AM-10:50AM (Cycle) <i>Douglas D.</i>	5:45PM-6:10PM (Cycle) <i>Lyn C.</i>	6:00PM-6:50PM (Cycle) <i>Douglas D.</i>			9:00AM-9:50AM (Cycle) <i>Lyn C.</i>	10:00AM-10:50AM (Cycle) <i>Michelle S.</i>
<b>SilverSneakers Classic®</b> GroupX Studio <a href="#">REGISTER</a>	10:00AM-10:50AM (Active Older Adult) <i>Kathryn A.</i>					8:00AM-8:50AM (Active Older Adult) <i>Jennifer H.</i>	
<b>Adult Lap Swim</b> Pool		6:00AM-8:55AM (Lap Or Open Swim)  10:00AM-10:25AM (Lap Or Open Swim)	6:00AM-8:55AM (Lap Or Open Swim)	6:00AM-8:55AM (Lap Or Open Swim)	6:00AM-7:50AM (Lap Or Open Swim)		
<b>Fitness After 50</b> Gymnasium <a href="#">REGISTER</a>		8:15AM-9:05AM (Group Exercise Class) <i>* P.</i>  8:15AM-9:05AM (Active Older Adult) <i>Ester C.</i>	11:00AM-11:50AM (Active Older Adult) <i>Coach L.</i>	8:15AM-9:05AM (Group Exercise Class) <i>* P.</i>  8:15AM-9:05AM (Active Older Adult) <i>Ester C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Classic®</b> Euclid Senior Center <a href="#">REGISTER</a>		9:00AM-9:50AM (Active Older Adult) <i>Marilyn R.</i>  10:00AM-10:50AM (Active Older Adult) <i>Jennifer H.</i>	10:00AM-10:50AM (Active Older Adult) <i>Kathryn A.</i>	10:00AM-10:50AM (Active Older Adult) <i>Marilyn R.</i>			
<b>Aqua Fit</b> Pool		9:00AM-9:50AM (Groupx Aquatics) * P.  7:30PM-8:30PM (Groupx Aquatics) * P.	9:00AM-9:50AM (Groupx Aquatics) * P.	9:00AM-9:50AM (Groupx Aquatics) * P.  7:30PM-8:30PM (Groupx Aquatics) * P.	8:00AM-8:50AM (Groupx Aquatics) * P.		
<b>Buti Yoga</b> GroupX Studio <a href="#">REGISTER</a>		9:00AM-9:50AM (Mind, Body, Spirit) <i>Anita V.</i>					
<b>Aqua Fit - Combo</b> Pool <a href="#">REGISTER</a>		9:00AM-9:50AM (Aquatic Fitness) <i>Cynthia W.</i>  7:30PM-8:20PM (Aquatic Fitness) <i>Marilyn R.</i>	9:00AM-9:50AM (Aquatic Fitness) <i>Cynthia W.</i>	9:00AM-9:50AM (Aquatic Fitness) <i>Tracey P.</i>  7:30PM-8:20PM (Aquatic Fitness) <i>Cynthia W.</i>			
<b>Compound Circuits</b> Multipurpose Room <a href="#">REGISTER</a>		9:00AM-9:50AM (Strength) <i>Sarah V.</i>					
<b>Gym Closed</b> Gymnasium		9:05AM-10:00AM (Rentals Or Proqraming)		9:05AM-10:00AM (Rentals Or Proqraming)			
<b>SilverSneakers Classic®</b> Richmond Heights Library <a href="#">REGISTER</a>		9:30AM-10:20AM (Active Older Adult) <i>Kathryn A.</i>		9:30AM-10:20AM (Active Older Adult) <i>Kathryn A.</i>			
<b>Beat It! Cardio Drum Class **Registration Required**</b> GroupX Studio		10:00AM-10:50AM (Fee Based Class) <i>Ester C.</i>					
<b>Active Older Adult (AOA) Fitness and Strength</b> Gymnasium		10:00AM-10:50AM (Group Exercise Class) * P.		10:00AM-10:50AM (Group Exercise Class) * P.			
<b>Stretch &amp; Mobility</b> Gymnasium <a href="#">REGISTER</a>		10:00AM-10:50AM (Active Older Adult) <i>Sarah V.</i>		10:00AM-10:50AM (Active Older Adult) <i>Sarah V.</i>			
<b>Group Lessons Lanes 1&amp;2</b> Pool		10:30AM-11:10AM (Swim Lessons)	10:30AM-11:10AM (Swim Lessons)	10:30AM-11:10AM (Swim Lessons)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Line Dance</b> Gymnasium <a href="#">REGISTER</a>		11:00AM-11:50AM (Group Exercise Class) * P.  11:00AM-11:50AM (Dance) Gigi F.					
<b>Open Swim</b> Pool		11:15AM-12:00PM (Lap Or Open Swim)	11:15AM-12:00PM (Lap Or Open Swim)	11:15AM-12:00PM (Lap Or Open Swim)			
<b>Cycle Lite</b> Cycle Studio <a href="#">REGISTER</a>		11:15AM-11:40AM (Cycle) Sarah V.		9:10AM-9:35AM (Cycle) Sarah V.			
<b>Pool Closed</b> Pool		12:00PM-12:30PM (Scheduled Breaks)  4:00PM-4:30PM (Scheduled Breaks)	12:00PM-12:20PM (Scheduled Breaks)  3:40PM-4:00PM (Scheduled Breaks)	12:00PM-12:30PM (Scheduled Breaks)  3:45PM-4:00PM (Scheduled Breaks)	12:00PM-12:20PM (Scheduled Breaks)  4:00PM-4:30PM (Scheduled Breaks)		
<b>Chair Yoga</b> GroupX Studio <a href="#">REGISTER</a>		12:15PM-1:05PM (Mind, Body, Spirit) Anita V.		11:00AM-11:50AM (Mind, Body, Spirit) Judi S.			
<b>Adult Open Swim</b> Pool		12:30PM-1:50PM (Lap Or Open Swim)	7:30PM-8:30PM (Lap Or Open Swim)	12:30PM-1:50PM (Lap Or Open Swim)			
<b>Arthritis Water Fitness</b> Pool <a href="#">REGISTER</a>		2:00PM-2:50PM (Groupx Aquatics) * P.  2:00PM-2:50PM (Aquatic Fitness) Laura W.		2:00PM-2:50PM (Groupx Aquatics) * P.  2:00PM-2:50PM (Aquatic Fitness) Sarah V.			
<b>Group Swim lessons</b> Pool		4:30PM-7:30PM (Swim Lessons)	4:00PM-7:30PM (Swim Lessons)	4:00PM-7:30PM (Swim Lessons)	4:30PM-7:30PM (Swim Lessons)	9:00AM-11:00AM (Swim Lessons)	
<b>Step</b> GroupX Studio <a href="#">REGISTER</a>		5:00PM-5:50PM (Step) Monique R.					
<b>Basketball league</b> Gymnasium		6:00PM-7:00PM (Leagues)	6:00PM-8:00PM (Leagues)	6:00PM-8:00PM (Leagues)	5:45PM-8:00PM (Leagues)	9:00AM-2:45PM (Leagues) Tracey P.	
<b>Yoga Flow/ Vinyasa</b> Multipurpose Room <a href="#">REGISTER</a>		6:00PM-6:50PM (Mind, Body, Spirit) Judi S.					
<b>Buns &amp; Abs</b> GroupX Studio <a href="#">REGISTER</a>		6:15PM-7:05PM (Strength) Denise C.		6:15PM-7:05PM (Strength) Denise C.			
<b>Line Dance</b> GroupX Studio <a href="#">REGISTER</a>		7:15PM-8:30PM (Dance) Gigi F.		10:00AM-10:50AM (Dance) Anita V.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TRX</b> Multipurpose Room			9:00AM-9:50AM (Trx) <i>Sami C.</i>	5:00PM-5:50PM (Trx) <i>Coach D.</i>			
<b>Total Body Blast</b> GroupX Studio <a href="#">REGISTER</a>			9:00AM-9:50AM (Strength & Conditioning) <i>Coach L.</i>		5:30PM-6:20PM (Strength & Conditioning) <i>Andrew J.</i>		
<b>Tai Chi* Registration Required</b> GroupX Studio			10:00AM-10:50AM (Mind, Body, Spirit) <i>Lorenzo R.</i>				
<b>SilverSneakers Classic®</b> Gymnasium <a href="#">REGISTER</a>			11:00AM-11:50AM (Group Exercise Class) * P.		10:00AM-11:00AM (Group Exercise Class) * P.  10:00AM-10:50AM (Active Older Adult) <i>Cynthia W.</i>	10:00AM-10:50AM (Active Older Adult) <i>Jennifer H.</i>	
<b>Pickleball \$</b> Gymnasium			1:00PM-3:00PM (Pickleball)		1:00PM-3:00PM (Pickleball)		
<b>Pilates + Barre</b> Multipurpose Room <a href="#">REGISTER</a>			5:00PM-5:50PM (Mind, Body, Spirit) <i>Molly L.</i>				
<b>Strength Basics</b> GroupX Studio <a href="#">REGISTER</a>			5:00PM-5:50PM (Strength) <i>Cynthia W.</i>				
<b>Praying Mantis Kung-Fu</b> <b>*Registration Required*</b> Multipurpose Room			6:00PM-6:50PM (Fee Based Class) <i>Lorenzo R.</i>				
<b>Women on Weights</b> Training & Fitness Room			6:00PM-6:50PM (Strength) <i>Cynthia W.</i>	10:00AM-10:50AM (Strength) <i>Cynthia W.</i>			
<b>Zumba®</b> GroupX Studio <a href="#">REGISTER</a>			6:00PM-6:50PM (Zumba®) <i>Miriam F.</i>			10:00AM-10:50AM (Zumba®) <i>Quanetta G.</i>	
<b>Compound Circuits</b> GroupX Studio <a href="#">REGISTER</a>				8:00AM-8:45AM (Strength) <i>Sarah V.</i>			
<b>Yoga for Men</b> Multipurpose Room <a href="#">REGISTER</a>				9:00AM-9:50AM (Mind, Body, Spirit) <i>Judi S.</i>			
<b>Cardio Combo</b> GroupX Studio <a href="#">REGISTER</a>				9:00AM-9:50AM (Cardio) <i>Michelle S.</i>		9:00AM-9:50AM (Cardio) <i>Monique R.</i>	
<b>Strength &amp; Balance</b> Multipurpose Room <a href="#">REGISTER</a>				11:00AM-11:25AM (Strength) <i>Sarah V.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Polynesian/Hawaiian Hula Dance</b> GroupX Studio <a href="#">REGISTER</a>				12:00PM-12:50PM (Active Older Adult) <i>Dahmia K.</i>			
<b>Belly Dance</b> GroupX Studio <a href="#">REGISTER</a>				1:00PM-1:50PM (Active Older Adult) <i>Dahmia K.</i>			
<b>Family Mix</b> Multipurpose Room				6:00PM-7:00PM (Family And Kids) <i>Tracey P.</i>			
<b>Pure Strength</b> GroupX Studio <a href="#">REGISTER</a>					8:00AM-8:50AM (Strength) <i>Sami C.</i>		
<b>Aqua Fit - Shallow Water</b> Pool <a href="#">REGISTER</a>					8:00AM-8:50AM (Aquatic Fitness) <i>Marilyn R.</i>		
<b>Yoga Flow</b> GroupX Studio <a href="#">REGISTER</a>					10:00AM-10:50AM (Mind, Body, Spirit) <i>Coach L.</i>		
<b>Basketball league 5-6 yrs</b> Gymnasium					4:45PM-6:00PM (Leagues)		
<b>Cardio Hip Hop</b> GroupX Studio <a href="#">REGISTER</a>					6:30PM-7:20PM (Cardio) <i>Erin M.</i>		
<b>Swim Team- All lanes closed</b> Pool					7:30PM-8:30PM (Swim Team)		
<b>HIIT</b> Multipurpose Room <a href="#">REGISTER</a>						8:00AM-8:50AM (Strength & Conditioning) <i>Andrew J.</i>	
<b>Yoga</b> Multipurpose Room <a href="#">REGISTER</a>						9:00AM-10:00AM (Mind, Body, Spirit) <i>Judi S.</i>	
<b>Aqua Fit - Deep Water</b> Pool <a href="#">REGISTER</a>						11:00AM-11:50AM (Aquatic Fitness) <i>Cynthia W.</i>	
<b>Aqua Fit- Deep Water</b> Pool						11:05AM-11:55AM (Groupx Aquatics) <i>* P.</i>	
<b>Water Discovery 6 months-36 months</b> Pool						12:00PM-1:10PM (Swim Lessons)	
<b>Men's Basketball League</b> Gymnasium							9:45AM-1:30PM (Leagues)



## Parker Hannifin Downtown YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Stretch &amp; Mobility</b> Dance Studio	7:00AM-7:45AM (Active Older Adult) <i>Javinty S.</i>		6:45AM-7:30AM (Active Older Adult) <i>Javinty S.</i>				
<b>Adult Lap Swim</b> Pool	8:15AM-10:00AM (Lap Or Open Swim)	6:45PM-8:00PM (Lap Or Open Swim)	11:00AM-2:00PM (Lap Or Open Swim)		11:00AM-2:00PM (Lap Or Open Swim)  2:30PM-5:00PM (Lap Or Open Swim)  5:45PM-7:00PM (Lap Or Open Swim)	1:15PM-2:30PM (Lap Or Open Swim)	
<b>Family Swim</b> Pool	10:00AM-12:00PM (Lap Or Open Swim)					11:30AM-12:30PM (Lap Or Open Swim)	11:00AM-12:15PM (Lap Or Open Swim)
<b>Lap Swim</b> Pool		5:30AM-7:30AM (Lap Or Open Swim)  10:00AM-2:00PM (Lap Or Open Swim)	5:30AM-7:30AM (Lap Or Open Swim)  6:30PM-8:00PM (Lap Or Open Swim)	5:30AM-7:30AM (Lap Or Open Swim)  10:00AM-2:00PM (Lap Or Open Swim)  6:45PM-8:00PM (Lap Or Open Swim)	5:30AM-7:30AM (Lap Or Open Swim)	8:00AM-10:00AM (Lap Or Open Swim)	12:45PM-2:30PM (Lap Or Open Swim)
<b>Cycle &amp; Strength</b> GroupX Studio <a href="#">REGISTER</a>		6:00AM-6:50AM (Cycle) <i>Sarah V.</i>					
<b>Lifeguard break</b> Pool		7:30AM-8:00AM (Scheduled Breaks)	7:30AM-8:00AM (Scheduled Breaks)	7:30AM-8:00AM (Scheduled Breaks)	7:30AM-8:00AM (Scheduled Breaks)  5:15PM-5:45PM (Scheduled Breaks)		12:15PM-12:45PM (Scheduled Breaks)
<b>Open Swim</b> Pool		8:10AM-10:00AM (Lap Or Open Swim)	8:10AM-10:00AM (Lap Or Open Swim)	8:10AM-10:00AM (Lap Or Open Swim)	8:10AM-10:00AM (Lap Or Open Swim)		
<b>SilverSneakers Circuit®</b> Wellness Floor <a href="#">REGISTER</a>		11:00AM-11:50AM (Active Older Adult) <i>Maureen D.</i>					
<b>Yoga</b> Spirit, Mind and Body Studio		12:05PM-12:55PM (Mind, Body, Spirit) <i>Adrienne M.</i>					11:45AM-12:45PM (Mind, Body, Spirit) <i>Sarah W.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Les Mills BODYPUMP™</b> GroupX Studio		12:15PM-1:15PM (Les Mills) <i>Matthew H.</i>	6:00AM-7:00AM (Les Mills) <i>Matthew H.</i>  6:30PM-7:30PM (Les Mills) <i>Molly W.</i>			12:00PM-12:50PM (Les Mills) <i>Matthew H.</i>	
<b>Adult Open Swim</b> Pool		2:30PM-4:00PM (Lap Or Open Swim)  4:30PM-5:45PM (Lap Or Open Swim)	2:30PM-5:00PM (Lap Or Open Swim)	2:30PM-4:00PM (Lap Or Open Swim)  4:30PM-5:45PM (Lap Or Open Swim)			
<b>Total Body Blast</b> GroupX Studio <a href="#">REGISTER</a>		5:30PM-6:30PM (Strength & Conditioning) <i>Lisa C.</i>					
<b>Aqua Fit - Combo</b> Pool		5:45PM-6:40PM (Aquatic Fitness) <i>Sharon J.</i>		5:45PM-6:40PM (Aquatic Fitness) <i>TBD</i>	10:00AM-11:00AM (Aquatic Fitness) <i>Katina D.</i>		
<b>Aqua Fit- Combo</b> Pool <a href="#">REGISTER</a>		5:45PM-6:40PM (Groupx Aquatics) <i>TBD</i>		5:45PM-6:40PM (Groupx Aquatics)	10:00AM-11:00AM (Groupx Aquatics) <i>Katina D.</i>		
<b>SilverSneakers Splash®</b> Pool			10:00AM-11:00AM (Groupx Aquatics) <i>Sharon J.</i>  10:00AM-11:00AM (Active Older Adult) <i>Sharon J.</i>				
<b>Pilates Plus</b> Dance Studio <a href="#">REGISTER</a>			11:00AM-12:00PM (Mind, Body, Spirit) <i>Lisa C.</i>				
<b>Swim Lessons for CMSD</b> Pool			5:00PM-6:30PM (Scheduled Breaks)				
<b>Barre</b> Dance Studio			5:30PM-6:30PM (Mind, Body, Spirit) <i>LaShundra E.</i>		12:15PM-1:15PM (Mind, Body, Spirit) <i>LaShundra E.</i>		
<b>Yin Yoga</b> Spirit, Mind and Body Studio			6:00PM-7:00PM (Mind, Body, Spirit) <i>Sarah H.</i>			10:00AM-11:00AM (Mind, Body, Spirit) <i>Sarah H.</i>	
<b>Cycle</b> Cycle Studio			6:00PM-7:00PM (Cycle) <i>Kim R.</i>			9:00AM-10:00AM (Cycle) <i>Frank C.</i>	
<b>Cycle &amp; Strength</b> Cycle Studio <a href="#">REGISTER</a>				6:00AM-6:50AM (Cycle) <i>Sarah V.</i>			
<b>Active Older Adult (AOA)</b> <b>Fitness and Strength</b> GroupX Studio				10:00AM-11:00AM (Active Older Adult) <i>Jermaine D.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga Flow/ Vinyasa</b> Spirit, Mind and Body Studio				12:00PM-1:00PM (Mind, Body, Spirit) <i>Sara J.</i>			
<b>Compound Circuits</b> GroupX Studio					6:15AM-7:15AM (Strength) <i>Jermaine D.</i>		
<b>Group Swim lessons</b> Pool						10:00AM-12:30PM (Swim Lessons)	
<b>Kids That Tri</b> Pool						12:30PM-1:15PM (Scheduled Breaks)	
<b>Les Mills BodyCombat™</b> GroupX Studio						1:00PM-1:30PM (Les Mills) <i>Matthew H.</i>	
<b>Mindful Meditation</b> Spirit, Mind and Body Studio							10:30AM-11:30AM (Mind, Body, Spirit) <i>Sarah W.</i>



## Garrettsville Family YMCA | May 25th - May 31st

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Fun Fitness</b> Room 48- 3rd floor	8:30AM-9:30AM (Active Older Adult) <i>Janine N.</i>		8:30AM-9:30AM (Active Older Adult) <i>Janine N.</i>				
<b>Yoga</b> Gym	8:30AM-9:30AM (Mind, Body, Spirit) <i>TBD</i>		8:30AM-9:30AM (Mind, Body, Spirit) <i>TBD</i>				
<b>Chair Yoga</b> Gym	9:30AM-10:30AM (Mind, Body, Spirit) <i>Marianne R.</i>		9:30AM-10:30AM (Mind, Body, Spirit) <i>Marianne R.</i>				
<b>Pickleball - Beginners Practice</b> Gym	10:30AM-12:00PM (Pickleball)		10:30AM-12:00PM (Pickleball)		10:30AM-12:00PM (Pickleball)		
<b>Yoga</b> Room 45- 3rd floor	6:00PM-7:00PM (Mind, Body, Spirit) <i>TBD</i>		6:00PM-7:00PM (Mind, Body, Spirit) <i>TBD</i>		8:30AM-9:30AM (Mind, Body, Spirit) <i>TBD</i>  6:00PM-7:00PM (Mind, Body, Spirit) <i>TBD</i>	8:00AM-9:00AM (Mind, Body, Spirit) <i>TBD</i>	
<b>Fitness After 50</b> Room 45- 3rd floor		8:00AM-8:50AM (Active Older Adult) <i>Lilian K.</i>		8:00AM-8:50AM (Active Older Adult) <i>Lilian K.</i>			
<b>BOOM Mind®</b> Room 45- 3rd floor		8:50AM-9:20AM (Active Older Adult) <i>Lilian K.</i>		8:50AM-9:20AM (Active Older Adult) <i>Lilian K.</i>			
<b>Open Pickleball</b> Gym		9:00AM-12:00PM (Pickleball)		9:00AM-12:00PM (Pickleball)			
<b>SilverSneakers Classic®</b> Room 31- 2nd floor		9:30AM-10:30AM (Active Older Adult) <i>Lilian K.</i>		9:30AM-10:30AM (Active Older Adult) <i>Lilian K.</i>			