



Parker Hannifin Downtown YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Group Exercise Room	6:00AM-6:50AM (Group Exercise Classes) <i>Stephanie</i>						
Lap Swim		5:30AM-6:30AM (Drop-In Swim)	5:30AM-6:30AM (Drop-In Swim) 6:45AM-7:45AM (Drop-In Swim) 11:30AM-1:15PM (Drop-In Swim) 2:15PM-3:30PM (Drop-In Swim) 5:15PM-6:45PM (Drop-In Swim) 7:00PM-8:00PM (Drop-In Swim)	5:30AM-6:30AM (Drop-In Swim) 6:45AM-7:45AM (Drop-In Swim) 11:30AM-1:15PM (Drop-In Swim) 2:15PM-3:30PM (Drop-In Swim) 7:00PM-8:00PM (Drop-In Swim)	5:30AM-6:30AM (Drop-In Swim) 6:45AM-7:45AM (Drop-In Swim) 11:30AM-1:15PM (Drop-In Swim) 2:15PM-3:30PM (Drop-In Swim) 5:15PM-6:45PM (Drop-In Swim) 7:00PM-8:00PM (Drop-In Swim)	7:30AM-8:30AM (Drop-In Swim) 8:45AM-9:45AM (Drop-In Swim) 10:00AM-12:00PM (Drop-In Swim) 12:15PM-1:15PM (Drop-In Swim)	10:30AM-11:15AM (Drop-In Swim) 12:30PM-1:15PM (Drop-In Swim) 12:30PM-1:15PM (Drop-In Swim)
Pure Strength Group Exercise Studio		6:00AM-6:50AM (Group Exercise Classes) <i>Stephanie</i>		6:00AM-6:50AM (Group Exercise Classes) <i>Stephanie</i>			
Cycle Cycle Studio		6:30AM-7:20AM (Group Exercise Classes) <i>Tim</i>					
SilverSneakers Classic® Group Exercise Studio		11:00AM-11:50AM (Group Exercise Classes) <i>Katina</i>	11:00AM-11:50AM (Group Exercise Classes) <i>Katina</i>				
Boot Camp Group Exercise Studio		12:30PM-1:20PM (Group Exercise Classes) <i>Mike</i>					
Aquacise Pool		5:30PM-6:20PM (Aquatic Exercise Classes) <i>Kenny</i>		5:30PM-6:20PM (Aquatic Exercise Classes) <i>Kenny</i>			
Open Swim			8:15AM-10:45AM (Drop-In Swim)	8:15AM-10:45AM (Drop-In Swim)	8:15AM-10:45AM (Drop-In Swim)		11:30AM-12:15PM (Drop-In Swim)
Dance Cardio Group Exercise Studio			10:00AM-10:50AM (Group Exercise Classes) <i>Ojo S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Flow - Vinyasa Yoga Studio			10:00AM-10:50AM (Yoga) <i>Jan</i>				
Cardio Strength Combo Group Exercise Studio			12:15PM-1:05PM (Group Exercise Classes) <i>Denise</i>				
Yoga at Edgewater Park Edgewater Park - **Offsite**			5:30PM-7:00PM (Yoga) <i>Heather</i>				
HIIT Group Exercise Studio				10:00AM-10:50AM (Group Exercise Classes) <i>Cary</i>			
SilverSneakers Circuit® Group Exercise Studio				11:00AM-11:50AM (Group Exercise Classes) <i>Judy</i>			
Tabata Group Exercise Studio				12:30PM-1:20PM (Group Exercise Classes) <i>Mike</i>			
2016/17 Bellevue: No School Days - Package Option				4:00PM-5:00PM (Before & After School Programs)	4:00PM-5:00PM (Before & After School Programs)		
Aqua Fit - Shallow Water Pool				5:30PM-6:30PM (Aquatic Exercise Classes)			
Core & Lower Body Strength Functional Training Studio					6:00AM-6:50AM (Group Exercise Classes) <i>Stephanie</i>		
Row HIIT Group Exercise Studio					12:30PM-1:20PM (Group Exercise Classes) <i>Jill</i>		
Tai Chi Yoga Studio						9:00AM-9:50AM (Group Exercise Classes) <i>Chris</i>	
Step Fusion Group Exercise Studio						11:00AM-11:50AM (Group Exercise Classes) <i>Ojo S.</i>	



North Royalton Family YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Pool Lanes 1-8	6:30AM-7:00AM (Drop-In Swim)	6:30AM-7:00AM (Drop-In Swim) 1:00PM-3:00PM (Drop-In Swim)	6:30AM-7:00AM (Drop-In Swim)	6:30AM-7:00AM (Drop-In Swim) 1:00PM-3:00PM (Drop-In Swim)	6:30AM-7:00AM (Drop-In Swim)		
Lap Swim Pool Lanes 5-8	7:00AM-9:00AM (Drop-In Swim)	7:00AM-9:00AM (Drop-In Swim)	7:00AM-9:00AM (Drop-In Swim)	7:00AM-9:00AM (Drop-In Swim)	7:00AM-9:00AM (Drop-In Swim)		
Lap Swim Pool Lanes 1-5	10:00AM-8:00PM (Drop-In Swim)	9:00AM-1:00PM (Drop-In Swim)	10:00AM-8:00PM (Drop-In Swim)	9:00AM-1:00PM (Drop-In Swim)	10:30AM-12:00PM (Drop-In Swim)		
Aqua Fit - Shallow Water Pool	10:00AM-10:45AM (Aquatic Exercise Classes)				10:00AM-10:45AM (Aquatic Exercise Classes)		
Arthritis Water Fitness Pool	11:00AM-11:45AM (Aquatic Exercise Classes) <i>Kim</i>				11:00AM-11:45AM (Aquatic Exercise Classes) <i>Kim</i>		
Family Swim Pool Lanes 4-8	12:00PM-2:00PM (Drop-In Swim)		12:00PM-2:00PM (Drop-In Swim)		12:00PM-2:00PM (Drop-In Swim) 3:00PM-8:30PM (Drop-In Swim)	1:00PM-5:30PM (Drop-In Swim)	8:30AM-3:30PM (Drop-In Swim)
Aqua Dance Pool	2:00PM-2:45PM (Aquatic Exercise Classes) <i>Mary K.</i>		2:00PM-2:45PM (Aquatic Exercise Classes) <i>Mary K.</i>		2:00PM-2:45PM (Aquatic Exercise Classes) <i>Mary K.</i>		
Swim Lessons Pool Lanes 6-8 Register	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)			
Lap Swim Pool Lanes 1-8	8:00PM-8:30PM (Drop-In Swim)	8:00PM-8:30PM (Drop-In Swim)	8:00PM-8:30PM (Drop-In Swim)	8:00PM-8:30PM (Drop-In Swim)	8:00PM-8:30PM (Drop-In Swim)		
Aqua Fit - Deep Water Pool		10:00AM-10:45AM (Aquatic Exercise Classes) <i>Kim</i>		10:00AM-10:45AM (Aquatic Exercise Classes) <i>Kim</i>			
Aqua Boot Camp - Shallow Water Pool		12:00PM-12:45PM (Aquatic Exercise Classes) <i>Doug</i>	10:15AM-11:00AM (Aquatic Exercise Classes) <i>Doug</i>	12:00PM-12:45PM (Aquatic Exercise Classes) <i>Doug</i>			
Lap Swim Pool Lanes 6-8		3:00PM-5:00PM (Drop-In Swim)		3:00PM-5:00PM (Drop-In Swim)			
Lap Swim Pool Lanes 6-8		3:00PM-5:00PM (Drop-In Swim)		3:00PM-5:00PM (Drop-In Swim)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core (Bring a Mat) Spirit, Mind, Body Room					9:30AM-10:00AM (Group Exercise Classes) <i>Denise</i>		
Heavy Bag HIIT (Bring a Mat) Main Studio						8:00AM-8:50AM (Group Exercise Classes) <i>Angie</i>	
Lap Swim Pool Lanes 1-4						9:00AM-5:30PM (Drop-In Swim)	8:30AM-3:30PM (Drop-In Swim)
Swim Lessons Pool Lanes 5-8 Register						9:00AM-1:00PM (Swim Lessons)	



French Creek Family YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise Pool Pre-registration required for this class	8:00AM-8:50AM (Aquatic Exercise Classes) <i>Gail</i>		8:00AM-8:50AM (Aquatic Exercise Classes) <i>Gail</i>				
Yoga Flow - Monday Spirit Mind Body Studio	9:30AM-10:20AM (Yoga) <i>Michelle</i>						
Active Older Adult (AOA) Fitness and Strength Group Exercise Studio	10:30AM-11:20AM (Group Exercise Classes) <i>Doug</i>						
Arthritis Water Fitness Recreation Pool Pre-registration required for this class		8:00AM-8:50AM (Aquatic Exercise Classes) <i>Maggie</i>		8:00AM-8:50AM (Aquatic Exercise Classes) <i>Maggie</i>			
S'WET Competition Pool Pre-registration required for this class		9:00AM-9:50AM (Aquatic Exercise Classes) <i>Donna</i>		9:00AM-9:50AM (Aquatic Exercise Classes) <i>Donna</i>			
Arthritis Foundation Exercise Program Group Exercise Studio		1:00PM-1:50PM (Group Exercise Classes) <i>Stella</i>		1:00PM-1:50PM (Group Exercise Classes) <i>Stella</i>			
Yoga Flow - Tuesday Spirit Mind Body Studio		6:00PM-6:50PM (Yoga) <i>Wendy W.</i>					
Yoga Flow - Canceled for 9/14 Spirit Mind Body Studio			9:30AM-10:20AM (Yoga) <i>Jan. D.</i>				
Yoga Flow Spirit Mind Body Studio			5:30PM-6:20PM (Yoga) <i>Wendy B.</i>				
Yoga Flow - Canceled for 9/15 Spirit Mind Body Studio				9:30AM-10:20AM (Yoga) <i>Jan. D.</i>			
Barre Group Exercise Studio				9:30AM-10:20AM (Group Exercise Classes) <i>Jackie</i>			
Mid-Level Cardio Group Exercise Studio				5:00PM-5:50PM (Group Exercise Classes) <i>Brenda</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barbell Strength Group Exercise Studio					5:30AM-6:20AM (Group Exercise Classes) <i>Jackie/Julie</i>		
Yoga Flow - Friday Spirit Mind Body Studio					8:30AM-9:30AM (Yoga) <i>Wendy B.</i>		



West Park-Fairview Family YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids Zone 4 wks -11 yrs/Pathways Child Watch	9:00AM-11:00AM (Kids Zone Activity Centers)	9:00AM-11:00AM (Kids Zone Activity Centers)	9:00AM-11:00AM (Kids Zone Activity Centers)	9:00AM-11:00AM (Kids Zone Activity Centers) 6:00PM-8:00PM (Kids Zone Activity Centers)	9:00AM-11:00AM (Kids Zone Activity Centers)	9:00AM-11:00AM (Kids Zone Activity Centers)	
Pilates/Tabata Express Group Exercise				6:15AM-7:00AM (Group Exercise Classes) <i>Alex</i>			
Yoga Flow - Vinyasa				9:15AM-10:05AM (Yoga) <i>Kim W.</i>			
SilverSneakers Classic® Gym				10:30AM-11:20AM (Group Exercise Classes) <i>Teresa</i>			
Camp Swim Pool				1:00PM-3:00PM (Other Sports)			
Swim Lessons Pool				5:00PM-7:40PM (Swim Lessons)			
Step Express Group Exercise				5:45PM-6:15PM (Group Exercise Classes) <i>Delinda</i>			
Barbell Strength Group Exercise				6:30PM-7:20PM (Group Exercise Classes) <i>Jessica W.</i>			
Family Yoga/Impett Park Impett Park				7:00PM-8:00PM (Family Wellness) <i>Sarah/Jessica</i>			
Gentle Yoga Group Exercise					6:15AM-7:30AM (Yoga) <i>Sarah</i>		
Step Combo Group Exercise					9:15AM-10:05AM (Group Exercise Classes) <i>Delinda</i>		
Fitness After 50 Group Exercise/Gym					10:30AM-11:20AM (Group Exercise Classes) <i>Mo</i>		
Youth Dance -5-10 yrs. Group Exercise					6:00PM-6:45PM (Group Exercise Classes) <i>Johnny</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Pool					6:30PM-7:45PM (Drop-In Swim)		
Teen Dance-10+ Group Exercise					6:45PM-7:35PM (Group Exercise Classes) <i>Johnny</i>		
50/50-Pilates & Strength Group Exercise						10:00AM-10:30AM (Group Exercise Classes) <i>Alex</i>	
Yoga Group Exercise						11:30AM-12:20PM (Yoga) <i>Sarah</i>	



Garrettsville Family YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Older Adult (AOA) Fitness and Strength 45	9:30AM-10:30AM (Group Exercise Classes) <i>Janine</i>		9:30AM-10:30AM (Group Exercise Classes) <i>Janine</i>				
Fitness After 50 45		8:30AM-9:30AM (Group Exercise Classes) <i>Lilian</i>		8:30AM-9:30AM (Group Exercise Classes) <i>Lilian</i>			
SilverSneakers Classic® 31		9:30AM-10:30AM (Group Exercise Classes) <i>Lilian</i>		9:30AM-10:30AM (Group Exercise Classes) <i>Lilian</i>			
Restorative Yoga GYM			8:30AM-9:30AM (Yoga) <i>Marianne</i>				
Restorative Chair Yoga Gym			9:30AM-10:30AM (Yoga) <i>Marianne</i>		9:30AM-10:30AM (Yoga) <i>Marianne</i>		
Yoga 45			6:00PM-7:00PM (Yoga) <i>Jan</i>			8:00AM-9:00AM (Yoga) <i>Marianne</i>	
Yoga GYM					8:30AM-9:30AM (Group Exercise Classes) <i>Marianne</i>		
Strength and Balance 45						9:00AM-10:00AM (Group Exercise Classes) <i>Marianne</i>	



West Shore Family YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit - Combo No cost to members	11:00AM-11:50AM (Aquatic Exercise Classes) <i>Erin</i>				11:00AM-11:50AM (Aquatic Exercise Classes) <i>Erin</i>		
Martial Arts /Karate - BEGINNER Fee		5:00PM-5:45PM (Martial Arts) <i>Master D.</i>		5:00PM-5:45PM (Martial Arts) <i>Master D.</i>			
Martial Arts/Karate - ADVANCED Fee		5:45PM-6:45PM (Martial Arts) <i>Master D.</i>		5:45PM-6:45PM (Martial Arts) <i>Master D.</i>			



Lakewood Family YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit - Deep Water			8:00AM-8:50AM (Aquatic Exercise Classes)	8:00AM-8:50AM (Aquatic Exercise Classes) 7:00PM-7:50PM (Aquatic Exercise Classes)	8:00AM-8:50AM (Aquatic Exercise Classes)		
Aqua Fit - Shallow Water			9:00AM-9:50AM (Aquatic Exercise Classes)	9:00AM-9:50AM (Aquatic Exercise Classes)	9:00AM-9:50AM (Aquatic Exercise Classes)	8:30AM-9:15AM (Aquatic Exercise Classes)	
Arthritis Water Fitness			2:00PM-2:50PM (Aquatic Exercise Classes) <i>Ursula</i>		2:00PM-2:50PM (Aquatic Exercise Classes) <i>Ursula</i>		
Rebound			6:00PM-6:50PM (Group Exercise Classes) <i>Mary</i>				
Lap Swim Pool				6:00AM-7:50AM (Drop-In Swim) 10:00AM-3:00PM (Drop-In Swim)	6:00AM-7:50AM (Drop-In Swim) 10:00AM-2:00PM (Drop-In Swim) 4:30PM-6:30PM (Drop-In Swim)	7:00AM-8:30AM (Drop-In Swim)	8:00AM-12:00PM (Drop-In Swim)
Cycle & Strength				6:15AM-7:05AM (Group Exercise Classes) <i>Shannon</i>			
Step Fusion				8:00AM-9:20AM (Group Exercise Classes) <i>Meagan</i>			
SilverSneakers Circuit®				10:00AM-10:50AM (Group Exercise Classes) <i>Mo</i>			
Family Swim Pool				3:00PM-4:30PM (Drop-In Swim)	3:00PM-4:30PM (Drop-In Swim)	1:00PM-4:00PM (Drop-In Swim)	12:00PM-4:00PM (Drop-In Swim)
Lap Swim (Appointment Only) Pool				5:00PM-7:00PM (Drop-In Swim)			
Meditation				6:00PM-6:50PM (Group Exercise Classes) <i>Mercedes</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kid's Fitness Community Room or Courtyard				6:00PM-6:50PM (Youth Exercise Classes) <i>Josh/Angie</i>			
TRX TRX Room				7:00PM-7:50PM (Small Group and Specialty Training) <i>TBA</i>			
Step				7:00PM-7:50PM (Group Exercise Classes) <i>Mary</i>		10:00AM-10:50AM (Group Exercise Classes) <i>Mary</i>	
Barre					6:15AM-7:05AM (Group Exercise Classes) <i>Patty</i>		
MS Water Class Pool					5:30PM-6:30PM (Group Exercise Classes)		
Slow Flow Yoga Community Room					6:00PM-6:50PM (Yoga) <i>Sara</i>		
Family Swim					6:30PM-8:00PM (Drop-In Swim)		
Cardio Dance					6:30PM-7:20PM (Group Exercise Classes) <i>Gail</i>		
Cycle						8:00AM-8:50AM (Group Exercise Classes) <i>Tom</i>	9:00AM-9:50AM (Group Exercise Classes) <i>Shannon</i>
Swim Lessons Pool						9:00AM-1:00PM (Swim Lessons - Youth)	
Aqua Fit - Deep Water Pool						9:15AM-10:00AM (Aquatic Exercise Classes)	
Cycle Ride						10:00AM-10:50AM (Group Exercise Classes) <i>TBA</i>	
Yoga: Healthy Spine & Hips Community Room						11:00AM-11:50AM (Yoga) <i>Sara</i>	
Pure Strength							10:15AM-11:05AM (Group Exercise Classes) <i>Laura</i>



Vermilion YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness After 50			8:30AM-9:30AM (Group Exercise Classes) <i>Mary</i>		8:30AM-9:30AM (Group Exercise Classes) <i>Mary</i>		
SilverSneakers Classic®			10:00AM-11:00AM (Group Exercise Classes) <i>Mary</i>		10:00AM-11:00AM (Group Exercise Classes) <i>Mary</i>		
Boot Camp			5:30PM-6:30PM (Group Exercise Classes) <i>Deb</i>				
Cycle & Strength				8:15AM-9:15AM (Group Exercise Classes) <i>Deb</i>			
Chair Yoga				10:30AM-11:30AM (Yoga) <i>Danielle</i>			



Warrensville Heights Family YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit-Shallow Water Pool			9:30AM-10:30PM (Aquatic Exercise Classes) <i>Yvonne</i>		9:30AM-10:30PM (Aquatic Exercise Classes) <i>Yvonne</i>		
Aqua Strength Pool				11:30AM-12:30PM (Aquatic Exercise Classes) <i>Marianna</i>			
Aqua Tai Chi Pool						9:00AM-10:00AM (Aquatic Exercise Classes) <i>Yvonne</i>	
Cycle Cycle Studio						10:00AM-11:00AM (Group Exercise Classes) <i>Jessamyn</i>	
HIIT Group Exercise Studio							10:00AM-11:00AM (Group Exercise Classes) <i>Shondell</i>