



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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga Flow - Vinyasa</b> Yoga Studio			10:00AM-10:50AM (Yoga) <i>Jan</i>				
<b>Cardio Strength Combo</b> Group Exercise Studio			12:15PM-1:05PM (Group Exercise Classes) <i>Denise</i>				
<b>Yoga at Edgewater Park</b> Edgewater Park - **Offsite**			5:30PM-7:00PM (Yoga) <i>Heather</i>				
<b>HIIT</b> Group Exercise Studio				10:00AM-10:50AM (Group Exercise Classes) <i>Cary</i>			
<b>SilverSneakers Circuit®</b> Group Exercise Studio				11:00AM-11:50AM (Group Exercise Classes) <i>Judy</i>			
<b>Tabata</b> Group Exercise Studio				12:30PM-1:20PM (Group Exercise Classes) <i>Mike</i>			
<b>2016/17 Bellevue: No School Days - Package Option</b>				4:00PM-5:00PM (Before & After School Programs)	4:00PM-5:00PM (Before & After School Programs)		
<b>Aqua Fit - Shallow Water</b> Pool				5:30PM-6:30PM (Aquatic Exercise Classes)			
<b>Core &amp; Lower Body Strength</b> Functional Training Studio					6:00AM-6:50AM (Group Exercise Classes) <i>Stephanie</i>		
<b>Row HIIT</b> Group Exercise Studio					12:30PM-1:20PM (Group Exercise Classes) <i>Jill</i>		
<b>Tai Chi</b> Yoga Studio						9:00AM-9:50AM (Group Exercise Classes) <i>Chris</i>	
<b>Step Fusion</b> 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
<b>Lap Swim</b> 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)		
<b>Lap Swim</b> 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)		
<b>Lap Swim</b> 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)		
<b>Aqua Fit - Shallow Water</b> Pool	10:00AM-10:45AM (Aquatic Exercise Classes)				10:00AM-10:45AM (Aquatic Exercise Classes)		
<b>Arthritis Water Fitness</b> Pool	11:00AM-11:45AM (Aquatic Exercise Classes) <i>Kim</i>				11:00AM-11:45AM (Aquatic Exercise Classes) <i>Kim</i>		
<b>Family Swim</b> 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)
<b>Aqua Dance</b> 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>		
<b>Swim Lessons</b> Pool Lanes 6-8 <a href="#">Register</a>	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)			
<b>Lap Swim</b> 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)		
<b>Aqua Fit - Deep Water</b> Pool		10:00AM-10:45AM (Aquatic Exercise Classes) <i>Kim</i>		10:00AM-10:45AM (Aquatic Exercise Classes) <i>Kim</i>			
<b>Aqua Boot Camp - Shallow Water</b> 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>			
<b>Lap Swim</b> Pool Lanes 6-8		3:00PM-5:00PM (Drop-In Swim)		3:00PM-5:00PM (Drop-In Swim)			
<b>Lap Swim</b> 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
<b>Core (Bring a Mat)</b> Spirit, Mind, Body Room					9:30AM-10:00AM (Group Exercise Classes) <i>Denise</i>		
<b>Heavy Bag HIIT (Bring a Mat)</b> Main Studio						8:00AM-8:50AM (Group Exercise Classes) <i>Angie</i>	
<b>Lap Swim</b> Pool Lanes 1-4						9:00AM-5:30PM (Drop-In Swim)	8:30AM-3:30PM (Drop-In Swim)
<b>Swim Lessons</b> Pool Lanes 5-8 <a href="#">Register</a>						9:00AM-1:00PM (Swim Lessons)	



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

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

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

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





## Garrettsville Family YMCA | July 19th - July 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Active Older Adult (AOA) Fitness and Strength</b> 45	9:30AM-10:30AM (Group Exercise Classes) <i>Janine</i>		9:30AM-10:30AM (Group Exercise Classes) <i>Janine</i>				
<b>Fitness After 50</b> 45		8:30AM-9:30AM (Group Exercise Classes) <i>Lilian</i>		8:30AM-9:30AM (Group Exercise Classes) <i>Lilian</i>			
<b>SilverSneakers Classic®</b> 31		9:30AM-10:30AM (Group Exercise Classes) <i>Lilian</i>		9:30AM-10:30AM (Group Exercise Classes) <i>Lilian</i>			
<b>Restorative Yoga</b> GYM			8:30AM-9:30AM (Yoga) <i>Marianne</i>				
<b>Restorative Chair Yoga</b> Gym			9:30AM-10:30AM (Yoga) <i>Marianne</i>		9:30AM-10:30AM (Yoga) <i>Marianne</i>		
<b>Yoga</b> 45			6:00PM-7:00PM (Yoga) <i>Jan</i>			8:00AM-9:00AM (Yoga) <i>Marianne</i>	
<b>Yoga</b> GYM					8:30AM-9:30AM (Group Exercise Classes) <i>Marianne</i>		
<b>Strength and Balance</b> 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
<b>Aqua Fit - Combo</b> No cost to members	11:00AM-11:50AM (Aquatic Exercise Classes) <i>Erin</i>				11:00AM-11:50AM (Aquatic Exercise Classes) <i>Erin</i>		
<b>Martial Arts /Karate - BEGINNER</b> Fee		5:00PM-5:45PM (Martial Arts) <i>Master D.</i>		5:00PM-5:45PM (Martial Arts) <i>Master D.</i>			
<b>Martial Arts/Karate - ADVANCED</b> 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
<b>Aqua Fit - Deep Water</b>			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)		
<b>Aqua Fit - Shallow Water</b>			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)	
<b>Arthritis Water Fitness</b>			2:00PM-2:50PM (Aquatic Exercise Classes) <i>Ursula</i>		2:00PM-2:50PM (Aquatic Exercise Classes) <i>Ursula</i>		
<b>Rebound</b>			6:00PM-6:50PM (Group Exercise Classes) <i>Mary</i>				
<b>Lap Swim</b> 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)
<b>Cycle &amp; Strength</b>				6:15AM-7:05AM (Group Exercise Classes) <i>Shannon</i>			
<b>Step Fusion</b>				8:00AM-9:20AM (Group Exercise Classes) <i>Meagan</i>			
<b>SilverSneakers Circuit®</b>				10:00AM-10:50AM (Group Exercise Classes) <i>Mo</i>			
<b>Family Swim</b> 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)
<b>Lap Swim (Appointment Only)</b> Pool				5:00PM-7:00PM (Drop-In Swim)			
<b>Kid's Fitness</b> Community Room or Courtyard				6:00PM-6:50PM (Youth Exercise Classes) <i>Josh/Angie</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditation				6:00PM-6:50PM (Group Exercise Classes) <i>Mercedes</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 Family YMCA | July 19th - July 25th

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



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

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