



North Royalton Family YMCA | August 30th - September 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickle Ball Gym	6:00AM-10:00AM (Other Sports)		6:00AM-10:00AM (Other Sports)		6:00AM-10:00AM (Other Sports)		
Open Gym Gym	10:00AM-9:00PM (Other Sports)	6:00AM-9:00AM (Other Sports) 10:00AM-12:00PM (Other Sports) 1:00PM-9:00PM (Other Sports)	10:00AM-9:00PM (Other Sports)	6:00AM-9:00AM (Other Sports) 10:00AM-12:00PM (Other Sports) 1:00PM-6:00PM (Other Sports)	10:00AM-9:00PM (Other Sports)		8:00AM-10:00AM (Other Sports) 11:00AM-4:00PM (Other Sports)
Aqua Fit - Shallow Water Pool	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>		
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)			
The Real You Weight Loss Program® (Registration Required) Spirit, Mind, Body Room		9:00AM-10:15AM (Weight Loss) <i>Kristie</i>		9:00AM-10:15AM (Weight Loss) <i>Kristie</i>			
Stadium Boot Camp (Bring a Mat) North Royalton High School Stadium		9:00AM-10:00AM (Group Exercise Classes) <i>Denise</i>					
Aqua Fit - Deep Water Pool		10:00AM-10:45AM (Aquatic Exercise Classes) <i>Kim</i>					
Pure Strength (Bring a Mat) Main Studio		10:00AM-10:50AM (Group Exercise Classes) <i>Sharon</i>	6:15AM-7:05AM (Group Exercise Classes) <i>Chris</i>				
Aqua Boot Camp - Shallow Water Pool		12:00PM-12:45PM (Aquatic Exercise Classes) <i>Doug</i>					
Walk Class Gym		12:00PM-1:00PM (Group Exercise Classes)		12:00PM-1:00PM (Group Exercise Classes)			

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Tai Chi Easy™ Spirit, Mind, Body Room				11:00AM-11:50AM (Group Exercise Classes) <i>Lynda</i>			
SilverSneakers Circuit® Main Studio				12:00PM-12:50PM (Group Exercise Classes) <i>Lynda</i>			
Men's League Gym				6:00PM-9:00PM (Sports Leagues)			
Core (Bring a Mat) Spirit, Mind, Body Room					9:30AM-10:00AM (Group Exercise Classes) <i>Denise</i>		
Open Gym						7:00AM-6:00PM (Other Sports)	
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)	