



Warrensville Heights Family YMCA | November 29th - December 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Yoga Multi purpose	6:30AM-7:30AM (Yoga) <i>Spencer</i>						
Gentle Yoga Multi Purpose Room	6:30AM-7:30AM (Yoga) <i>Spencer</i> 7:00PM-8:00PM (Yoga) <i>Spencer</i>	7:00PM-8:00PM (Yoga) <i>Spencer</i>	6:30AM-7:30AM (Yoga) <i>Spencer</i> 7:00PM-8:00PM (Yoga) <i>Spencer</i>	6:30AM-7:30AM (Yoga) <i>Spencer</i> 7:00PM-8:00PM (Yoga) <i>Spencer</i>			
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>		9:30AM-10:30PM (Aquatic Exercise Classes) <i>Yvonne</i>		
Aquacise Pool	9:30AM-12:00AM (Aquatic Exercise Classes) <i>Yvonne</i> 11:30AM-12:30PM (Aquatic Exercise Classes) C.		11:30AM-12:30PM (Aquatic Exercise Classes) C.		11:30AM-12:30PM (Aquatic Exercise Classes) C.		
Arthritis Water Fitness Pool	1:00PM-1:50PM (Aquatic Exercise Classes) <i>Charles</i>		1:00PM-1:50PM (Aquatic Exercise Classes) <i>Charles</i>				
Core Fusion Cycle Studio	6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>						
Step Group Exercise Studio	6:00PM-7:00PM (Group Exercise Classes) <i>Gail</i>						
Ultimate Abs Multi Purpose Room	6:00PM-7:00PM (Group Exercise Classes) <i>Spencer</i>	6:00PM-7:00PM (Group Exercise Classes) <i>Spencer</i>	6:00PM-7:00PM (Group Exercise Classes) <i>Spencer</i>	6:00PM-7:00PM (Group Exercise Classes) <i>Spencer</i>			
Aqua Boot Camp-Shallow Water Pool	6:30PM-7:30PM (Aquatic Exercise Classes) <i>Charles</i>						
BOOM Move® Group Exercise		9:30AM-10:30AM (Group Exercise Classes) <i>Angela</i>					
Core and More Multi Purpose Room		9:30AM-10:30AM (Group Exercise Classes) <i>Yvonne</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic® Group Exercise Studio		11:30AM-12:30AM (Group Exercise Classes) <i>Angela</i>					
Aqua Strength Pool		11:30AM-12:30PM (Aquatic Exercise Classes) <i>Marianna</i>		11:30AM-12:30PM (Aquatic Exercise Classes) <i>Marianna</i>			
SilverSneakers Yoga® Group Exercise Studio			9:30AM-10:30AM (Yoga) <i>Angela</i>				
Dangerous Curves Group Exercise Studio			1:00PM-2:00PM (Group Exercise Classes) <i>Dapheen</i>				
Cycle Cycle Studio			6:30PM-7:30PM (Group Exercise Classes) <i>Jessamyn</i>			10:00AM-11:00AM (Group Exercise Classes) <i>Jessamyn</i>	
SilverSneakers Yoga® Group Exercise Studio				11:30AM-7:32PM (Yoga) <i>Angela</i>			
Family Mix Group Exercise Studio				6:00PM-7:00PM (Family Wellness) <i>Gail</i>			
Line Dance Group Exercise Studio					6:00PM-7:00PM (Group Exercise Classes) <i>Gigi</i>		
Aqua Tai Chi Pool						9:00AM-10:00AM (Aquatic Exercise Classes) <i>Yvonne</i>	
HIIT Group Exercise Studio							10:00AM-11:00AM (Group Exercise Classes) <i>Shondell</i>