



West Park-Fairview Family YMCA | April 4th - April 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym	6:00AM-10:15AM (Other Sports) 10:45AM-3:45PM (Other Sports) 7:00PM-8:45PM (Other Sports)	6:00AM-10:15AM (Other Sports) 12:00PM-3:45PM (Other Sports) 6:00PM-8:45PM (Other Sports)	6:00AM-10:15AM (Other Sports) 12:00PM-3:45PM (Other Sports) 6:00PM-8:45PM (Other Sports)	6:00AM-10:15AM (Other Sports) 12:00PM-3:45PM (Other Sports) 6:00PM-8:45PM (Other Sports)	6:00AM-3:45PM (Other Sports) 7:00PM-8:45PM (Other Sports)	12:00PM-3:45PM (Other Sports)	
Cycle HIIT Express-Tuesday am Group Exercise	6:15AM-6:45PM (Group Exercise Classes) <i>Delinda</i>	6:15AM-6:45PM (Group Exercise Classes) <i>Delinda</i>					
Gym Open to Walkers	10:15AM-10:45AM (Other Sports)						
SACC Gym	4:00PM-5:00PM (Other Sports)	4:00PM-5:00PM (Other Sports)	4:00PM-5:00PM (Other Sports)	4:00PM-5:00PM (Other Sports)	4:00PM-5:00PM (Other Sports)		
Swim Lessons Pool	5:00PM-6:15PM (Swim Lessons - Youth)	5:00PM-8:00PM (Swim Lessons - Youth)		5:00PM-8:00PM (Swim Lessons - Youth)			
Family Gym Gym	5:00PM-6:00PM (Other Sports)	5:00PM-6:00PM (Other Sports)	5:00PM-6:00PM (Other Sports)	5:00PM-6:00PM (Other Sports)	5:00PM-6:00PM (Other Sports)	11:00AM-12:00PM (Other Sports)	
Aqua Aerobics-Monday pm Pool	6:15PM-7:00PM (Aquatic Exercise Classes)						
Pure Strength-Tuesday Group Exercise Room		9:15AM-10:05AM (Group Exercise Classes) <i>Adria</i>					
Cycle HIIT Express-Tuesday pm Group Exercise		5:30PM-6:00PM (Group Exercise Classes) <i>Monica</i>					
Y Cycle -Wednesday Group Exercise			6:00PM-6:50PM (Group Exercise Classes) <i>Adria</i>				
Yoga Restore			7:00PM-7:50PM (Yoga) <i>Sarah</i>				
Preschool Swim Pool				9:30AM-10:30AM (Swim Lessons - Preschool)			
Cardio Combo Group Exercise					9:15AM-10:05AM (Group Exercise Classes) <i>Adria</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness After 50 Group Exercise					10:30AM-11:20AM (Group Exercise Classes) <i>Mo</i>		
Open Gym Pool						8:00AM-9:45AM (Other Sports)	
Cycle HIIT Express-Saturday Group Exercise Room						8:30AM-9:00AM (Group Exercise Classes) <i>Kim</i>	
Yoga Core Express Group Exercise Room						9:00AM-9:30AM (Yoga) <i>Kim</i>	
Boot Camp Express Group Exercise Room						9:30AM-10:00AM (Group Exercise Classes) <i>Alex</i>	
Barre Group Exercise Room						10:00AM-10:50AM (Group Exercise Classes) <i>Alex</i>	
Family Swim Pool						11:30AM-3:00PM (Drop-In Swim)	12:00PM-3:00PM (Drop-In Swim)
Cycle-Sunda Group Exercise						11:30AM-12:20PM (Group Exercise Classes) <i>Monica</i>	11:30AM-12:20PM (Group Exercise Classes) <i>Monica</i>
ABBL							10:00AM-3:00PM (Sports Leagues)
Cycle Group Exercise							11:30AM-12:20PM (Group Exercise Classes) <i>Monica</i>



North Royalton Family YMCA | April 4th - April 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio	6:15AM-7:05AM (Group Exercise Classes) <i>Jerry</i> 9:00AM-9:50AM (Group Exercise Classes) <i>Denise</i>			6:00PM-6:50PM (Group Exercise Classes) <i>Chris</i>	6:15AM-7:05AM (Group Exercise Classes) <i>Gina</i>	9:00AM-9:50AM (Group Exercise Classes) <i>Chris</i>	
Step (Bring a Mat) Main Studio	9:00AM-9:50AM (Group Exercise Classes) <i>Sharon</i>						
PiYo (Bring a mat) Spirit, Mind, Body Room	10:00AM-11:00AM (Yoga) <i>Kristie</i>						
Fitness After 50 Main Studio	12:00PM-12:50PM (Group Exercise Classes) <i>Chris L.</i>				12:00PM-12:50PM (Group Exercise Classes) <i>Mary K.</i>		
Tai Chi Spirit, Mind, Body Room	12:30PM-1:20PM (Group Exercise Classes) <i>Chris S.</i>						
Barbell Strength RIP Main Studio	6:00PM-6:50PM (Group Exercise Classes) <i>Denise</i>						
Heavy Bag HIIT (Bring a Mat & Gloves) Main Studio	6:10PM-7:00PM (Group Exercise Classes) <i>Angie</i>						
Walk 15® Gym		10:00AM-10:50AM (Group Exercise Classes) <i>Chris</i>		10:00AM-10:50AM (Group Exercise Classes) <i>Chris</i>			
Cycle Lite Cycle Studio		10:30AM-11:20AM (Group Exercise Classes) <i>Doug</i>		10:30AM-11:20AM (Group Exercise Classes) <i>Doug</i>			
BOOM Muscle® (Bring a Mat) Main Studio		11:00AM-11:30AM (Group Exercise Classes) <i>Sharon</i>					
BOOM Mind® (Bring a Mat) Main Studio		11:40AM-12:25PM (Group Exercise Classes) <i>Sharon</i>					
Walk 15® Main Studio		12:00PM-12:50PM (Group Exercise Classes) <i>Chris</i>		10:00AM-12:50PM (Group Exercise Classes) <i>Chris</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga (Bring a Mat) Spirit, Mind, Body Room		5:00PM-5:50PM (Yoga) <i>Sharon</i>					
Barre (Bring a Mat) Main Studio		6:00PM-6:50PM (Group Exercise Classes) <i>Mary K.</i>			10:00AM-10:50AM (Group Exercise Classes) <i>Andi</i>		
Kickboxing Main Studio			9:00AM-9:50AM (Group Exercise Classes) <i>Kristie</i>				
SilverSneakers Yoga® Main Studio			11:00AM-11:50AM (Yoga) <i>Kristie</i>				
TRX Circuit (Bring a Mat) Spirit, Mind, Body Room			11:15AM-12:00PM (Small Group and Specialty Training) <i>Doug</i>		11:00AM-11:50AM (Small Group and Specialty Training) <i>Denise</i>		
SilverSneakers Classic® Main Studio			12:00PM-12:50PM (Group Exercise Classes) <i>Vicki</i>		11:00AM-11:50AM (Group Exercise Classes) <i>Kristie/ V.</i>		
AOA Fitness and Strength Spirit, Mind, Body Room			12:30PM-1:20PM (Group Exercise Classes) <i>Doug</i>				
Barbell Strength (Bring a Mat) Main Studio			6:00PM-7:00PM (Group Exercise Classes) <i>Denise</i>	11:00AM-11:50AM (Group Exercise Classes) <i>Denise</i>			9:00AM-10:00AM (Group Exercise Classes) <i>Rinette</i>
Pilates (Bring a Mat) Main Studio				5:00PM-6:00PM (Group Exercise Classes) <i>Sharon</i>			
Cycle & Core Cycle Studio					9:00AM-9:50AM (Group Exercise Classes) <i>Denise</i>		
Cardio Strength Combo (Bring a Mat) Main Studio						10:00AM-10:50AM (Group Exercise Classes) <i>Denise</i>	
Iron Kids Spirit, Mind, Body Room Register						11:00AM-11:50AM (Youth Exercise Classes) <i>Doug</i>	



Garrettsville Family YMCA | April 4th - April 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional Fitness 45	8:30AM-9:30AM (Group Exercise Classes) <i>Janine</i>		8:30AM-9:30AM (Group Exercise Classes) <i>Janine</i>				
Yoga 45	6:00PM-7:00PM (Yoga) <i>Jan</i>		6:00PM-7:00PM (Yoga) <i>Jan</i>			8:00AM-9:00AM (Yoga) <i>Marianne</i>	
Fitness Over 50 45		8:30AM-9:30AM (Group Exercise Classes) <i>Lilian</i>					
Pickleball GYM		9:00AM-12:00PM (Other Sports)		9:00AM-12:00PM (Other Sports)			



Lakewood Family YMCA | April 4th - April 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing TRX Studio	9:00AM-9:50AM (Group Exercise Classes) <i>Chris</i>						
Senior Dance Group Exercise Room		9:15AM-9:45AM (Group Exercise Classes) <i>Suzy</i>					
Rebound Group Exercise Room			6:00PM-6:50PM (Group Exercise Classes) <i>Mary</i>				
Kids Fitness Community Room				6:00PM-6:50PM (Youth Exercise Classes) <i>Josh</i>			



French Creek Family YMCA | April 4th - April 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Flow - Monday Spirit Mind Body Studio	9:30AM-10:20AM (Yoga) <i>Michelle</i>						
Women on Weights Wellness Floor		9:30AM-10:20AM (Small Group and Specialty Training) <i>Michelle K.</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 - Canceled for 9/15 Spirit Mind Body Studio				9:30AM-10:20AM (Yoga) <i>Jan. D.</i>			
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>		



Parker Hannifin Downtown YMCA | April 4th - April 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Yoga Room	10:00AM-10:50AM (Yoga) <i>Judi</i>						
Mid-Level Cardio Studio I	10:00AM-11:00AM (Group Exercise Classes) <i>Cary</i>						
Pilates Studio II	11:00AM-11:50AM (Group Exercise Classes) <i>Lisa</i>						
Power-Yoga Yoga Room	12:00PM-1:00PM (Yoga) <i>Mairghread</i>						
Pure Strength Studio I	12:30PM-1:30PM (Group Exercise Classes) <i>Jill</i>	6:00AM-9:48AM (Group Exercise Classes) <i>Stephanie</i>		6:00AM-9:48AM (Group Exercise Classes) <i>Stephanie</i>			
HIIT BOXING! Studio I	5:30PM-6:30PM (Group Exercise Classes) <i>Kameron</i>						
Slow-Flow Yoga Yoga Room	5:30PM-6:30PM (Yoga) <i>Mairghread</i>						
Y-Cycle Cycle Theater	5:45PM-6:45PM (Group Exercise Classes) <i>Laura</i>			5:30PM-6:30PM (Group Exercise Classes) <i>New I.</i>		9:00AM-9:50AM (Group Exercise Classes) <i>Doug</i>	
SilverSneakers Circuit® Fitness Floor		11:00AM-11:50AM (Group Exercise Classes) <i>Mo</i>	11:00AM-11:50AM (Group Exercise Classes) <i>Mo</i>				
All-Levels Yoga Yoga Room		12:05PM-12:55PM (Group Exercise Classes) <i>Adrienne</i>	12:05PM-12:55PM (Group Exercise Classes) <i>Adrienne</i>	12:05PM-12:55PM (Group Exercise Classes) <i>Adrienne</i>			
Boot Camp Studio I		12:30PM-1:30PM (Group Exercise Classes) <i>Mike</i>					
Water Aerobics Pool		5:30PM-6:20PM (Aquatic Exercise Classes) <i>Kenny</i>		5:30PM-6:20PM (Aquatic Exercise Classes) <i>Kenny</i>			
METSTAK *NEW Studio I		5:30PM-6:30PM (Group Exercise Classes) <i>Lisa</i>		5:30PM-6:30PM (Group Exercise Classes) <i>Lisa</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise Pool			9:30AM-10:00AM (Aquatic Exercise Classes) <i>Katina</i>				
Cardio Strength Studio I			12:15PM-1:15PM (Group Exercise Classes) <i>Denise</i>				
HIIT 300 Studio I			5:30PM-6:20PM (Group Exercise Classes) <i>Drevon</i>				
HIIT Studio I				10:00AM-10:50AM (Group Exercise Classes) <i>Cary</i>			
SilverSneakers Classic® Studio I				11:00AM-11:50AM (Group Exercise Classes) <i>Judy</i>			
Tabata Studio I				12:30PM-1:30PM (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)		
Core and Lower Body Strength Studio I					6:00AM-7:00AM (Group Exercise Classes)		
Fitness After Fifty Studio I					10:30AM-11:20AM (Group Exercise Classes) <i>Katina</i>		
Row HIIT Group Exercise Studio					12:30PM-1:20PM (Group Exercise Classes) <i>Jill</i>		
Gentle Yoga Yoga Room						11:30AM-12:30PM (Yoga) <i>Rebekah</i>	



West Shore Family YMCA | April 4th - April 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness After 50 No cost to members	10:00AM-10:50AM (Group Exercise Classes) <i>Rosie</i>		10:00AM-10:50AM (Group Exercise Classes) <i>Rosie</i>				
Pickleball No cost to members	11:00AM-12:30PM (Other Sports)	11:00AM-12:30PM (Other Sports)	11:00AM-12:30PM (Other Sports)	11:00AM-12:30PM (Other Sports)	11:00AM-12:30PM (Other Sports)		
Pure Strength Program room		9:30AM-10:20AM (Group Exercise Classes) <i>Max</i>		9:30AM-10:20AM (Group Exercise Classes) <i>Max</i>			
SilverSneakers Classic® No cost to members		10:00AM-10:50AM (Group Exercise Classes) <i>Rosie/Erin</i>		10:00AM-10:50AM (Group Exercise Classes) <i>Rosie/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>			
BOOM Combo No cost to members					10:00AM-10:50AM (Group Exercise Classes) <i>Erin</i>		
Chair Yoga						10:00AM-10:50AM (Yoga) <i>Sarah</i>	
Meditation						11:00AM-11:30AM (Group Exercise Classes) <i>Sarah</i>	