



## West Park-Fairview Family YMCA | May 16th - May 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> 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)	
<b>Cycle HIIT Express-Tuesday am</b> Group Exercise	6:15AM-6:45PM (Group Exercise Classes) <i>Delinda</i>	6:15AM-6:45PM (Group Exercise Classes) <i>Delinda</i>					
<b>Gym Open to Walkers</b>	10:15AM-10:45AM (Other Sports)						
<b>SACC</b> 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)		
<b>Swim Lessons</b> Pool	5:00PM-6:15PM (Swim Lessons - Youth)	5:00PM-8:00PM (Swim Lessons - Youth)		5:00PM-8:00PM (Swim Lessons - Youth)			
<b>Family Gym</b> 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)	
<b>Aqua Aerobics-Monday pm</b> Pool	6:15PM-7:00PM (Aquatic Exercise Classes)						
<b>Pure Strength-Tuesday</b> Group Exercise Room		9:15AM-10:05AM (Group Exercise Classes) <i>Adria</i>					
<b>Barre- Tuesday</b>		7:00PM-7:50PM (Group Exercise Classes) <i>Alex</i>					
<b>Tai Chi</b> Gym			10:00AM-10:50AM (Group Exercise Classes) <i>Chris</i>				
<b>Chair Yoga</b> Group Exercise			11:00AM-11:55AM (Yoga) <i>Ann</i>				
<b>Y Cycle -Wednesday</b> Group Exercise			6:00PM-6:50PM (Group Exercise Classes) <i>Adria</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Restore			7:00PM-7:50PM (Yoga) <i>Sarah</i>				
Tabata/Pilates or Barre Group Exercise				6:15AM-6:50AM (Group Exercise Classes) <i>Alex</i>			
Yoga Flow Vinyasa- Thursday am Group Exercise				9:15AM-10:05AM (Yoga) <i>Kim W.</i>			
Preschool Swim Pool				9:30AM-10:30AM (Swim Lessons - Preschool)			
Step Express Group Exercise				5:45PM-6:15PM (Group Exercise Classes) <i>Delinda/Mary</i>			
Pure Strength- Thursday Group Exercise				6:30PM-7:20PM (Group Exercise Classes) <i>Delinda</i>			
Cardio Combo Group Exercise					9:15AM-10:05AM (Group Exercise Classes) <i>Adria</i>		
Fitness After 50 Group Exercise					10:30AM-11:20AM (Group Exercise Classes) <i>Mo</i>		
Open Gym Pool						8:00AM-9:45AM (Other Sports)	
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)



## Parker Hannifin Downtown YMCA | May 16th - May 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boot Camp</b> Studio I	6:00AM-7:00AM (Group Exercise Classes) <i>Stephanie</i>	12:30PM-1:30PM (Group Exercise Classes) <i>Mike</i>					
<b>Chair Yoga</b> Yoga Room	10:00AM-10:50AM (Yoga) <i>Judi</i>						
<b>Mid-Level Cardio</b> Studio I	10:00AM-11:00AM (Group Exercise Classes) <i>Cary</i>						
<b>Pilates</b> Studio II	11:00AM-11:50AM (Group Exercise Classes) <i>Lisa</i>						
<b>Power-Yoga</b> Yoga Room	12:00PM-1:00PM (Yoga) <i>Mairghread</i>						
<b>Pure Strength</b> Studio I	12:30PM-1:30PM (Group Exercise Classes) <i>Jill</i>						
<b>HIIT BOXING!</b> Studio I	5:30PM-6:30PM (Group Exercise Classes) <i>Kameron</i>						
<b>Slow-Flow Yoga</b> Yoga Room	5:30PM-6:30PM (Yoga) <i>Mairghread</i>						
<b>Y-Cycle</b> 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-10:00AM (Group Exercise Classes) <i>Doug</i>	
<b>SilverSneakers Circuit®</b> Fitness Floor		11:00AM-11:50AM (Group Exercise Classes) <i>Mo</i>	11:00AM-11:50AM (Group Exercise Classes) <i>Mo</i>				
<b>All-Levels Yoga</b> Yoga Room		12:05PM-12:55PM (Yoga) <i>Adrienne</i>  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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Aerobics</b> Pool		5:30PM-6:20PM (Aquatic Exercise Classes) <i>Kenny</i>  5:30PM-6:50PM (Aquatic Exercise Classes) <i>Kenny</i>		5:30PM-6:20PM (Aquatic Exercise Classes) <i>Kenny</i>			
<b>METSTAK</b> Studio I		5:30PM-6:30PM (Group Exercise Classes) <i>Lisa</i>					
<b>METSTAK *NEW</b> Studio I		5:30PM-6:30PM (Group Exercise Classes) <i>Lisa</i>		5:30PM-6:30PM (Group Exercise Classes) <i>Lisa</i>			
<b>Aquacise</b> Pool			9:30AM-10:00AM (Aquatic Exercise Classes) <i>Katina</i>				
<b>Cardio Strength</b> Studio I			12:15PM-1:15PM (Group Exercise Classes) <i>Denise</i>				
<b>HIIT 300</b> Studio I			5:30PM-6:20PM (Group Exercise Classes) <i>Drevon</i>				
<b>HIIT</b> Studio I				10:00AM-10:50AM (Group Exercise Classes) <i>Cary</i>			
<b>SilverSneakers Classic®</b> Studio I				11:00AM-11:50AM (Group Exercise Classes) <i>Judy</i>			
<b>Tabata</b> Studio I				12:30PM-1:30PM (Group Exercise Classes) <i>Mike</i>			
<b>Slow Flow Yoga</b> Yoga Room					6:30AM-7:30AM (Yoga) <i>Madison</i>		
<b>Fitness After Fifty</b> Studio I					10:30AM-11:20AM (Group Exercise Classes) <i>Katina</i>		
<b>Row HIIT</b> Group Exercise Studio					12:30PM-1:20PM (Group Exercise Classes) <i>Jill</i>		
<b>Gentle Yoga</b> Yoga Room						11:30AM-12:30PM (Yoga) <i>Rebekah</i>	



## North Royalton Family YMCA | May 16th - May 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> 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>	
<b>Step (Bring a Mat)</b> Main Studio	9:00AM-9:50AM (Group Exercise Classes) <i>Sharon</i>						
<b>PiYo (Bring a mat)</b> Spirit, Mind, Body Room	10:00AM-11:00AM (Yoga) <i>Kristie</i>						
<b>Fitness After 50</b> Main Studio	12:00PM-12:50PM (Group Exercise Classes) <i>Chris L.</i>				12:00PM-12:50PM (Group Exercise Classes) <i>Mary K.</i>		
<b>Tai Chi</b> Spirit, Mind, Body Room	12:30PM-1:20PM (Group Exercise Classes) <i>Chris S.</i>						
<b>Barbell Strength RIP</b> Main Studio	6:00PM-6:50PM (Group Exercise Classes) <i>Denise</i>						
<b>Heavy Bag HIIT (Bring a Mat &amp; Gloves)</b> Main Studio	6:10PM-7:00PM (Group Exercise Classes) <i>Angie</i>						
<b>Walk 15®</b> Gym		10:00AM-10:50AM (Group Exercise Classes) <i>Chris</i>		10:00AM-10:50AM (Group Exercise Classes) <i>Chris</i>			
<b>Cycle Lite</b> Cycle Studio		10:30AM-11:20AM (Group Exercise Classes) <i>Doug</i>		10:30AM-11:20AM (Group Exercise Classes) <i>Doug</i>			
<b>BOOM Muscle® (Bring a Mat)</b> Main Studio		11:00AM-11:30AM (Group Exercise Classes) <i>Sharon</i>					
<b>BOOM Mind® (Bring a Mat)</b> Main Studio		11:40AM-12:25PM (Group Exercise Classes) <i>Sharon</i>					
<b>Walk 15®</b> 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
<b>Yoga (Bring a Mat)</b> Spirit, Mind, Body Room		5:00PM-5:50PM (Yoga) <i>Sharon</i>					
<b>Barre (Bring a Mat)</b> Main Studio		6:00PM-6:50PM (Group Exercise Classes) <i>Mary K.</i>			10:00AM-10:50AM (Group Exercise Classes) <i>Andi</i>		
<b>Kickboxing</b> Main Studio			9:00AM-9:50AM (Group Exercise Classes) <i>Kristie</i>				
<b>SilverSneakers Yoga®</b> Main Studio			11:00AM-11:50AM (Yoga) <i>Kristie</i>				
<b>TRX Circuit (Bring a Mat)</b> 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>		
<b>SilverSneakers Classic®</b> Main Studio			12:00PM-12:50PM (Group Exercise Classes) <i>Vicki</i>		11:00AM-11:50AM (Group Exercise Classes) <i>Kristie/ V.</i>		
<b>AOA Fitness and Strength</b> Spirit, Mind, Body Room			12:30PM-1:20PM (Group Exercise Classes) <i>Doug</i>				
<b>Barbell Strength (Bring a Mat)</b> 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>
<b>Pilates (Bring a Mat)</b> Main Studio				5:00PM-6:00PM (Group Exercise Classes) <i>Sharon</i>			
<b>Cycle &amp; Core</b> Cycle Studio					9:00AM-9:50AM (Group Exercise Classes) <i>Denise</i>		
<b>Cardio Strength Combo (Bring a Mat)</b> Main Studio						10:00AM-10:50AM (Group Exercise Classes) <i>Denise</i>	
<b>Iron Kids</b> Spirit, Mind, Body Room <a href="#">Register</a>						11:00AM-11:50AM (Youth Exercise Classes) <i>Doug</i>	



## Garrettsville Family YMCA | May 16th - May 22nd

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



# Lakewood Family YMCA | May 16th - May 22nd

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



## French Creek Family YMCA | May 16th - May 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga Flow - Monday</b> Spirit Mind Body Studio	9:30AM-10:20AM (Yoga) <i>Michelle</i>						
<b>Outdoor Bootcamp</b> Wellness Floor		8:30AM-8:30AM (Group Exercise Classes) <i>Kam</i>					
<b>Women on Weights</b> Wellness Floor		9:30AM-10:20AM (Small Group and Specialty Training) <i>Michelle K.</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 - Canceled for 9/15</b> Spirit Mind Body Studio				9:30AM-10:20AM (Yoga) <i>Jan. D.</i>			
<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 Shore Family YMCA | May 16th - May 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness After 50</b> No cost to members	10:00AM-10:50AM (Group Exercise Classes) <i>Rosie</i>		10:00AM-10:50AM (Group Exercise Classes) <i>Rosie</i>				
<b>Pickleball</b> 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)		
<b>Pure Strength</b> Program room		9:30AM-10:20AM (Group Exercise Classes) <i>Max</i>		9:30AM-10:20AM (Group Exercise Classes) <i>Max</i>			
<b>SilverSneakers Classic®</b> 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>			
<b>Aqua Fit - Shallow Water</b> Pool		10:30AM-11:20AM (Aquatic Exercise Classes) <i>Dawn</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>			
<b>BOOM Combo</b> No cost to members					10:00AM-10:50AM (Group Exercise Classes) <i>Erin</i>		
<b>Tai Chi Easy™</b> No Cost to Members					11:00AM-11:50AM (Group Exercise Classes) <i>Elizabeth</i>		
<b>Chair Yoga</b>						10:00AM-10:50AM (Yoga) <i>Sarah</i>	
<b>Meditation</b>						11:00AM-11:30AM (Group Exercise Classes) <i>Sarah</i>	



**Warrensville Heights Family YMCA | May 16th - May 22nd**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Classic®</b> Group Exercise Studio		11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>	11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>				