



## North Royalton Family YMCA | August 8th - August 14th

	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>	