



Warrensville Heights Family YMCA | September 12th - September 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Aerobics Pool	9:30AM-10:30AM (Aquatic Exercise Classes) <i>Yvonne</i>		9:30AM-10:30AM (Aquatic Exercise Classes) <i>Yvonne</i>		9:30AM-10:30AM (Aquatic Exercise Classes) <i>Yvonne</i>	9:30AM-10:20AM (Aquatic Exercise Classes)	
Gentle Cycle Spin	9:30AM-10:20AM (Group Exercise Classes) <i>Katina</i>						
Silver Sneakers Classic	10:30AM-11:20AM (Group Exercise Classes) <i>Katina</i>						
Aqua Tone Pool	10:30AM-11:20AM (Aquatic Exercise Classes) <i>Janice</i>	11:30AM-12:20PM (Aquatic Exercise Classes) <i>Marianna</i>	10:30AM-11:20AM (Aquatic Exercise Classes) <i>Janice</i>	11:30AM-12:20PM (Aquatic Exercise Classes) <i>Marianna</i>	10:30AM-11:20AM (Aquatic Exercise Classes) <i>Janice</i>		
Aquacise Pool	11:30AM-12:20PM (Aquatic Exercise Classes) <i>Charles</i>		11:30AM-12:20PM (Aquatic Exercise Classes) <i>Charles</i>		11:30AM-12:20PM (Aquatic Exercise Classes) <i>Charles</i>		
Silver Sneakers Strength Group Exercise Studio	11:30AM-12:20PM (Group Exercise Classes) <i>Katina</i>						
Arthritis Aerobics Pool	1:00PM-1:50PM (Aquatic Exercise Classes) <i>Charles</i>						
Core Fusion Multi-Purpose Room	6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>						
Step Group Exercise Studio	6:00PM-7:00PM (Group Exercise Classes) <i>Gail</i>						
Women on Weights Multi-Purpose Room		9:30AM-10:20AM (Small Group and Specialty Training) <i>Yvonne</i>					
Boom Move Group Exercise Studio		9:30AM-10:20AM (Group Exercise Classes) <i>Angela</i>		9:30AM-10:20AM (Group Exercise Classes) <i>Angela</i>			
SilverSneakers Classic® Group Exercise Studio		11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>	11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Sneakers Classic Group Exercise Studio		11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>	11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>				
On the Ball Group Exercise Studio		6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>					
Silver Sneakers Yoga Group Exercise Studio			9:30AM-10:20AM (Yoga) <i>Angela</i>	11:30AM-12:20PM (Yoga) <i>Angela</i>			
Fitness After 50 Group Exercise Studio			1:00PM-1:50PM (Group Exercise Classes) <i>Charles</i>				
Boot Camp Group Exercise Studio			6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>				
Y-Cycle Spin			6:30PM-7:30PM (Group Exercise Classes) <i>Jessamyn</i>				
Core & More Multi-Purpose Room				9:30AM-10:30AM (Group Exercise Classes) <i>Yvonne</i>			
Mixx Group Exercise Studio				6:00PM-7:00PM (Group Exercise Classes) <i>Gail</i>			
Yoga Multi-Purpose Room				6:00PM-6:50PM (Yoga) <i>Jessamyn</i>			
Express Walking Club Wellness Floor				7:00PM-7:30PM (Group Exercise Classes) <i>Gail</i>			
Line Dance Group Exercise Studio					6:00PM-7:00PM (Group Exercise Classes) <i>Gigi</i>		
Yoga Group Exercise Studio						9:00AM-9:50AM (Yoga) <i>Jessamyn</i>	
Dance Cardio Group Exercise Studio						11:00AM-12:00PM (Group Exercise Classes) <i>Gail</i>	
Ballroom Dance Multi-Purpose Room						12:00PM-2:00PM (Active Older Adult Events) <i>Jon</i>	