



West Park-Fairview Family YMCA | March 27th - April 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym	6:00AM-10:15AM (Other Sports) 11:30AM-5:20PM (Other Sports)						
Balance & Strength Group Exe room	10:30AM-11:15AM (Group Exercise Classes) <i>Teresa</i>						
Swim Lesson Pool	4:45PM-6:00PM (Swim Lessons - Private)						
Aqua Aerobics Pool	6:15PM-7:00PM (Aquatic Exercise Classes)						
Pure Strength Group Exe room	6:15PM-7:00PM (Group Exercise Classes) <i>Andrea</i>						
Yoga Flow Vinyasa Group Exe room	7:15PM-8:00PM (Yoga) <i>Kim W.</i>						
adult basketball league Gym							10:00AM-3:45PM (Sports Leagues)



Garrettsville Family YMCA | March 27th - April 2nd

	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 flow- Vinyasa Gym	8:30AM-9:30AM (Yoga) <i>Marianne</i>				8:30AM-9:30AM (Yoga) <i>Marianne</i>	8:30AM-9:30AM (Yoga) <i>Marianne</i>	
Chair Yoga GYM	9:30AM-10:30AM (Yoga) <i>Marianne</i>		9:30AM-10:30AM (Yoga) <i>Marianne</i>		9:30AM-10:30AM (Yoga) <i>Marianne</i>		
Yoga 45	6:00PM-7:00PM (Yoga) <i>Jan</i>		6:00PM-7:00PM (Yoga) <i>Jan</i>				
Fitness After 50 45		8:00AM-8:50AM (Group Exercise Classes) <i>Lilian</i>		8:00AM-8:50AM (Group Exercise Classes) <i>Lilian</i>			
BOOM Mind and Body 45		8:50AM-9:20AM (Group Exercise Classes) <i>Lilian</i>		8:50AM-9:20AM (Group Exercise Classes) <i>Lilian</i>			
SilverSneakers Classic® 31		9:30AM-10:30AM (Group Exercise Classes) <i>Lilian</i>		9:30AM-10:30AM (Group Exercise Classes) <i>Lilian</i>			
Restorative Yoga Gym			8:30AM-9:30AM (Yoga) <i>Marianne</i>				



North Royalton Family YMCA | March 27th - April 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Main Studio	9:00AM-9:50AM (Group Exercise Classes) <i>Sharon</i>						
Tai Chi Spirit, Mind, Body Studio	12:30PM-1:20PM (Group Exercise Classes) <i>Chris S.</i>						
BODYPUMP™ Main Studio	6:00PM-7:00PM (Group Exercise Classes) <i>Denise</i>		6:00PM-7:00PM (Group Exercise Classes) <i>Denise</i>				
Outdoor Boot Camp Sturer Metro Park		9:00AM-10:00AM (Group Exercise Classes) <i>Denise M.</i>		9:00AM-10:00AM (Group Exercise Classes) <i>Denise M.</i>			
SilverSneakers Yoga® Spirit, Mind, Body				12:10PM-1:00PM (Yoga) <i>Kristie</i>			
Pilates Main Studio				5:00PM-6:00PM (Group Exercise Classes) <i>Sharon</i>			
Step Fusion Main Studio				5:00PM-5:50PM (Group Exercise Classes) <i>Val</i>			
Core Spirit, Mind, Body					9:30AM-10:00AM (Group Exercise Classes) <i>Denise</i>		
TRX Circuit Spirit, Mind, Body					11:00AM-11:50AM (Small Group and Specialty Training) <i>Denise</i>		
SilverSneakers Classic® Main Studio					11:00AM-11:50AM (Group Exercise Classes) <i>Vicki</i>		
Fitness After 50 Main Studio					12:00PM-12:50PM (Group Exercise Classes) <i>Mary K.</i>		



French Creek Family YMCA | March 27th - April 2nd

	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 - Friday Spirit Mind Body Studio					8:30AM-9:30AM (Yoga) <i>Wendy B.</i>		



Parker Hannifin Downtown YMCA | March 27th - April 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Yoga Room	10:00AM-10:50AM (Yoga) <i>Judi</i>						
Pilates Studio II	11:00AM-11:50AM (Group Exercise Classes) <i>Lisa</i>						
Power Yoga Yoga Studio	12:00PM-12:50PM (Yoga) <i>Mairghread</i>						
Slow Flow Yoga Yoga Studio	5:30PM-7:20PM (Yoga) <i>Mairghread</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>			
METSTAK Studio I		5:30PM-6:30PM (Group Exercise Classes) <i>Lisa</i>		5:30PM-6:30PM (Group Exercise Classes) <i>Lisa</i>			
Slow Flow Yoga Yoga room			6:15AM-7:15AM (Group Exercise Classes) <i>Mairghread</i>				
Pilates Plus Studio II			11:00AM-12:00PM (Group Exercise Classes) <i>Lisa</i>				
SilverSneakers Classic® Studio I				11:00AM-11:50AM (Group Exercise Classes) <i>Judy</i>			



Lakewood Family YMCA | March 27th - April 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>				



Hillcrest Family YMCA | March 27th - April 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Darebee HIIT						10:00AM-10:50AM (Group Exercise Classes) <i>Josh</i>	