



Garrettsville Family YMCA | May 29th - June 4th

	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 | May 29th - June 4th

	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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness After 50 Main Studio					12:00PM-12:50PM (Group Exercise Classes) <i>Mary K.</i>		



French Creek Family YMCA | May 29th - June 4th

	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>					
Barbell Strength 10/13 and 10/27 Group exercise studio					5:30AM-5:30AM (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 | May 29th - June 4th

	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>						
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>			
NEW! BODY PUMP! Starting May 23rd Studio I		12:15PM-1:15PM (Group Exercise Classes) <i>Stefanie V.</i>		12:15PM-1:15PM (Group Exercise Classes) <i>Stefanie V.</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>				
Aquacise Pool				10:00AM-11:00AM (Aquatic Exercise Classes) <i>Katina</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic® Studio I				11:00AM-11:50AM (Group Exercise Classes) <i>Judy</i>			
NEW! BODY PUMP! Starting May 26th Studio I					5:30PM-6:30PM (Group Exercise Classes) <i>Stefanie V.</i>		



Warrensville Heights Family YMCA | May 29th - June 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Sneakers Classic Group X Studio <i>Katina</i>	10:30AM-11:20AM (Group Exercise Classes)						
Cycle Express Cycle Studio						10:00AM-11:00AM (Group Exercise Classes) <i>Jessamyn</i>	



West Park-Fairview Family YMCA | May 29th - June 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance and Strength Group Exercise	10:30AM-11:20AM (Group Exercise Classes) <i>Teresa</i>						
Line Dancing Group Exercise	11:30AM-12:15PM (Group Exercise Classes)						
Swim Lessons Pool	4:45PM-6:00PM (Swim Lessons - Preschool)	4:45PM-7:00PM (Swim Lessons - Preschool)		4:45PM-7:00PM (Swim Lessons - Preschool)		9:30AM-11:30AM (Swim Lessons - Preschool)	
Pure Strength Group Exercise	6:15PM-7:05PM (Group Exercise Classes) <i>Andrea</i>	9:15AM-11:05AM (Group Exercise Classes) <i>Adria</i>		6:30PM-7:20PM (Group Exercise Classes) <i>Jessica</i>		8:30AM-9:20AM (Group Exercise Classes) <i>Kim</i>	
Yoga Flow Vinyasa Group Exercise	7:15PM-8:00PM (Yoga) <i>Kim W.</i>			9:15AM-10:05AM (Yoga) <i>Kim W.</i>			
Silver Sneaker Classic Gym		10:30AM-11:20AM (Group Exercise Classes) <i>Christine</i>		10:30AM-11:20AM (Group Exercise Classes) <i>Teresa</i>			
Family Boot Camp Gym		6:00PM-6:50PM (Group Exercise Classes) <i>Alex/Jennifer</i>					
Barre Group Exercise		7:00PM-7:50PM (Group Exercise Classes) <i>Alex</i>					
Chair Yoga Group Exercise			10:00AM-10:50AM (Yoga) <i>Ann</i>				
Tai Chi Gym			11:00AM-11:50AM (Group Exercise Classes) <i>Chris</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Pool			5:30PM-7:00PM (Drop-In Swim)		4:00PM-7:45PM (Drop-In Swim)	11:30AM-2:00PM (Drop-In Swim)	12:00PM-2:00PM (Drop-In Swim)
Yoga Flow			7:00PM-7:50PM (Yoga) <i>Kim</i>				
Preschool Swim Pool				9:30AM-10:30AM (Swim Lessons - Preschool)			
Step Express Group Exercise				5:45PM-6:30PM (Group Exercise Classes) <i>Delinda/Mary</i>			
Pilates Group Exercise				7:30PM-8:15PM (Group Exercise Classes) <i>Delinda</i>			
Cardio Combo Group Exercise					9:15AM-10:10AM (Group Exercise Classes) <i>Adria</i>		
Fitness After 50 Group Exercise					10:30AM-11:20AM (Group Exercise Classes) <i>Mo</i>		
Boot Camp Gym						9:30AM-10:20AM (Group Exercise Classes) <i>Alex</i>	



Lakewood Family YMCA | May 29th - June 4th

	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 | May 29th - June 4th

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