



## Warrensville Heights Family YMCA | October 16th - October 22nd

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aqua Aerobics</b> Pool	9:30AM-10:20AM (Aquatic Exercise Classes) <i>Yvonne</i>		9:30AM-10:20AM (Aquatic Exercise Classes) <i>Yvonne</i>		9:30AM-10:20AM (Aquatic Exercise Classes) <i>Yvonne</i>		
<b>Aqua Tone</b> 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>		
<b>Silver Sneakers Classic</b> Group Exercise Studio	10:30AM-11:20AM (Group Exercise Classes) <i>Katina</i>	11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>	11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>				
<b>Aquacise</b> 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>		
<b>Silver Sneakers Strength</b> Group X Studio	11:30AM-12:20PM (Group Exercise Classes) <i>Katina</i>						
<b>Arthritis Aerobics</b> Pool	1:00PM-1:50PM (Aquatic Exercise Classes) <i>Charles</i>				1:00PM-1:50PM (Aquatic Exercise Classes) <i>Charles</i>		
<b>Core Fusion</b> Multi-Purpose Room	6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>						
<b>Step</b> Group X Studio	6:00PM-7:00PM (Group Exercise Classes) <i>Gail</i>						
<b>Boom Move</b> Group Exercise Studio		9:30AM-10:20AM (Group Exercise Classes) <i>Angela</i>		9:30AM-10:20AM (Group Exercise Classes) <i>Angela</i>			
<b>Yoga Stretch</b> Group X Studio		10:30AM-11:20AM (Yoga) <i>Angela</i>	9:30AM-10:20AM (Yoga) <i>Angela</i>	11:30AM-12:20PM (Yoga) <i>Angela</i>			
<b>On The Ball</b> Group X Studio		6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>					
<b>Silver Sneakers Classic</b> Group Exercise Studio			11:30AM-12:20AM (Group Exercise Classes) <i>Angela</i>				
<b>Boot Camp</b> Group X Studio			6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Y-Cycle</b> Cycle Studio			6:30PM-7:30PM (Group Exercise Classes) <i>Jessamyn</i>				
<b>Core &amp; More</b> Multi-Purpose Room				9:30AM-10:20AM (Group Exercise Classes) <i>Yvonne</i>			
<b>Mixx</b> Group X Studio				6:00PM-7:00PM (Group Exercise Classes) <i>Gail</i>			
<b>Yoga</b> Multi-Purpose Room				6:00PM-7:00PM (Yoga) <i>Jessamyn</i>			
<b>Line Dance</b> Group Exercise Studio					6:00PM-7:00PM (Group Exercise Classes) <i>Gigi</i>		
<b>Yoga</b> Group X Studio						9:00AM-9:50AM (Yoga) <i>Jessamyn</i>	
<b>Cycle Express</b> Cycle Studio						10:00AM-11:00AM (Group Exercise Classes) <i>Jessamyn</i>	
<b>Dance Cardio</b> Group X Studio						11:00AM-12:00PM (Group Exercise Classes) <i>Gail</i>	