



Warrensville Heights Family YMCA | January 29th - February 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|-----------------|---------------|
| Aqua Aerobics 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> | | |
| 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> | | |
| Silver Sneakers Classic 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> | | | | |
| Silver Sneakers Strength Group X Studio | 11:30AM-12:20PM (Group Exercise Classes) <i>Katina</i> | | | | | | |
| Arthritis Aerobics Pool | 1:00PM-1:50PM (Aquatic Exercise Classes) <i>Charles</i> | | | | 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 X Studio | 6:00PM-7:00PM (Group Exercise Classes) <i>Gail</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> | | | |
| Yoga Stretch 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> | | | |
| On The Ball Group X Studio | | 6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i> | | | | | |
| Silver Sneakers Classic Group Exercise Studio | | | 11:30AM-12:20AM (Group Exercise Classes) <i>Angela</i> | | | | |
| Boot Camp Group X Studio | | | 6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i> | | | | |
| Y-Cycle Cycle Studio | | | 6:30PM-7:30PM (Group Exercise Classes) <i>Jessamyn</i> | | | | |

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|--|---------------|----------------|------------------|--|--|--|---------------|
| Mixx Group X Studio | | | | 6:00PM-7:00PM (Group Exercise Classes) <i>Gail</i> | | | |
| Yoga Multi-Purpose Room | | | | 6:00PM-7:00PM (Yoga) <i>Jessamyn</i> | | | |
| Line Dance Group Exercise Studio | | | | | 6:00PM-7:00PM (Group Exercise Classes) <i>Gigi</i> | | |
| Yoga Group X Studio | | | | | | 9:00AM-9:50AM (Yoga) <i>Jessamyn</i> | |
| Cycle Express Cycle Studio | | | | | | 10:00AM-11:00AM (Group Exercise Classes) <i>Jessamyn</i> | |
| Dance Cardio Group X Studio | | | | | | 11:00AM-12:00PM (Group Exercise Classes) <i>Gail</i> | |