



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# APRIL 2022

## GROUP EXERCISE SCHEDULE – MORNING

|                | Monday  | Tuesday                                  | Wednesday   | Thursday                                       | Friday  | Saturday |
|----------------|---|--|---|--|---|----------|
| <b>8:00am</b>  | 8:30 – 9:30<br><b>Fitness After 50</b><br>Mary          | 8:30 – 9:30<br><b>Bootcamp</b><br>Sherri | 8:30 – 9:30<br><b>Fitness After 50</b><br>Mary          |  | 8:30 – 9:30<br><b>Fitness After 50</b><br>Mary          |          |
| <b>10:00am</b> | 10:00 – 11:00<br><b>Silver Sneakers Classic</b><br>Mary |  | 10:00 – 11:00<br><b>Silver Sneakers Classic</b><br>Mary | 10:30 – 11:30<br><b>Chair Yoga</b><br>Danielle | 10:00 – 11:00<br><b>Silver Sneakers Classic</b><br>Mary |          |
| <b>11:00am</b> |   |  |   |  |   |          |

## GROUP EXERCISE SCHEDULE - EVENING

|               | Monday                                       | Tuesday   | Wednesday | Thursday                                     | Friday | Saturday |
|---------------|--|---|-----------|--|--------|----------|
| <b>4:30pm</b> |  |   |           |  |        |          |
| <b>5:30pm</b> | 6:05 – 7:05<br><b>Cycle/Sculpt</b><br>Sherri | 6:00 – 6:40<br><b>HIIT LIIT</b><br>Danielle<br><br>6:45 – 7:45<br><b>Yoga Hold-N-Flow</b><br>Danielle |           | 6:05 – 7:05<br><b>Cycle/Sculpt</b><br>Sherri |        |          |

The Vermilion Family YMCA – 1230 Beechview Drive Vermilion, Ohio 44089 Any questions give us a call 440-967-4208 or email Aviana Lopez at [alopez@clevelandymca.org](mailto:alopez@clevelandymca.org)

## **Vermilion Family YMCA Facility Hours**

**Monday – Friday**

**8am to 12pm**

**&**

**Monday, Tuesday, & Thursday**

**4 pm – 8 pm**

### **Class Descriptions**

**Bootcamp** – A popular interval class that mixes calisthenics and body weight exercise with cardio and strength training. These bootcamps are designed in a way to be different all the time, and push our participants harder than they'd push themselves. We want to keep you guessing – and push you like a drill sergeant, our goal is to offer encouragement rather prepared for some high intensity training!

**Cycle/Sculpt** – All fitness levels welcome. This fun exhilarating cardio workout and strength combo will give you the full body low impact workout. Enjoy the many benefits of indoor cycling while having a blast in the lively atmosphere set to great, motivating music for 30minutes. The following 30minutes we will add strength, definition, and tone muscles.

**Fitness After 50** – All fitness levels welcome. Using music from Sinatra to Swing to the Supremes, this comprehensive class has low-impact cardiovascular conditioning, muscular strength work, and flexibility and range-of-motion exercises. We also do exercises designed to improve balance, coordination, manual dexterity, and agility (both physical and mental). Your heart, lungs, muscles, balance, and energy will all improve – and you'll have lots of fun along the way.

**Silver Sneakers Classic** – Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

#### **Candlelight Yoga**

**Hold-N-Flow** - All-levels hold-n-flow yoga in the ambiance of candlelight. Practice is for beginners to experienced students that include various modifications & options for each type of student to add to their practice. Practice will involve flowing with our breath and body; with moments to hold & learn to be present in our poses. Practice ends in a lay down savasana (resting pose) that may include an essential oil massage!