



North Royalton Group Exercise Schedule

June & July 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:15-7:05am Power Sculpt Chris Bring a Mat		8:00-8:50am Walk 15 Chris Main Studio	6:15-7:20am Tabata Doug		
AM	9-9:50am Step Sharon Bring a Mat	8:00-8:50am Walk 15 Chris Main Studio	9-9:50am Kickboxing Kristie	9-9:50am Zumba Dana Main Studio	9-9:50am Zumba Dana	9-9:50am Zumba Suzanne	9:00-10:00am Barbell Strength- RIP Rinette Bring a Mat
Am	10:00-10:50am Zumba Suzanne	9-9:50am Zumba Dana Main Studio	10:00-10:50am Yoga Fusion Denise Bring a Mat Starts June 1st		10-10:50am Barre Andi/Mary K. Bring a Mat	10:00-10:50am Cardio Strength Combo Denise Bring a Mat	10:15-11:05am Zumba Sharon/Bri
PM		9-10:00am Outdoor Bootcamp Denise Serpentini Stadium Starts June 9th	11-11:50pm Silver Sneakers Yoga Kristie	9-10:00am Outdoor Bootcamp Denise Serpentini Stadium Starts June 9th	11:00-11:50 Silver Sneakers Classic Vicki		11:15-12:05am Yoga Basics Angie Outdoor
	12 -12:50pm Fitness after 50 Chris L.	Power Sculpt Sharon 10-10:50 Bring a Mat	12-12:50pm Silver Sneaker Classic Vicki	10:30-11:30am Barbell Strength- RIP Denise M Bring a Mat	12 -12:50pm Fitness after 50 Mary K		
		11:30-12pm Boom Muscle Kristie Bring a Mat		12-12:50pm Boom Move Melanie			
PM		12:10-12:55pm Boom Mind Kristie Bring a Mat		5:00-6:00pm Pilates Sharon Bring a Mat		<p><u>Schedule Changes</u> Zumba Monday @ 7:30 will resume May 23rd w/Melanie</p> <p><u>Stadium Boot Camp</u> Starting June 9th Tuesday's & Thursday's 9am Serpentini Stadium N.Royalton High School</p>	
PM	6:10-7:00pm Heavy Bag HIIT Angie Bring Gloves	5:00-5:50pm Step Fusion Vicki Bring a Mat	6:00-7:00pm Barbell Strength RIP Denise M Bring a Mat				
PM	7:30-8:20pm Zumba Melanie	6-6:50pm Barre Andi Bring a Mat				<p><u>New Class</u> Starting June 1st Yoga Fusion 10:00am Denise</p>	

SPIRIT, MIND BODY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	10:00-11:00am PIYO Kristie Bring a Mat	9-10:15am The Real You Kristie \$		9-10:15am The Real You Kristie \$	8:30-9:20am TRX Interval Doug		
AM			11:15-12:00pm TRX Circuit Doug 9 Spots only Bring a Mat	11-11:50pm SS Yoga Kristie	9:30-10:00am Core Denise M Bring a Mat	11:00-11:50am Iron Kids Doug \$	
AM	12:30-1:20pm Tai Chi Chris S.		12:15-1:05pm AOA Fitness & Strength Doug		11-11:50am TRX Circuit 9 spots only Denise Bring a Mat		
PM	6-7:00pm Cycle/TRX Core Denise Bring a Mat	5-5:50pm Yoga Basics Sharon Bring a Mat					
PM							
PM							

Cycle Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6:15-7:05am Cycle Jerry				6:15-7:05am Cycle Chris		
AM	9-9:50am Cycle Denise		9-9:50am Cycle Denise		9-9:50am Cycle/Core 30/30 Denise M	9-9:50am Cycle Chris	
AM		10:30-11:20pm Cycle Lite Doug		10:30-11:20pm Cycle Lite Doug		<p><i>North Royalton Family YMCA</i> www.clevelandymca.org NOTE: SCHEDULE SUBJECT TO CHANGE \$= Plus class Contact Denise Moore Wellness Coordinator dmoore@clevelandymca.org 440.230.9339</p>	
PM	6-7:00pm Cycle/TRX Core Denise Bring a Mat			6-6:50pm Cycle Chris			