



Geauga Family YMCA September Group Fitness Schedule Land & Water Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						Super Cycle Jay Studio	
8:30am				HIIT & Kickbox Fusion Cassie Gym			
9:00am	Rise & Ride Jay Studio Free Senior Swim Instruction Matt Pool Participant Led Aqua Aerobics Pool	Body Lift Melanie Gym Yoga Flow Jessica Studio POP-UP 9/20 Gentle Stretch & Meditation Christine MPR	Cardio & Strength Blast Jay Gym Water Wild Card Melanie/Carol Pool	Aqua Tone Amy Pool		*Possible Participant Led Aqua Aerobics Pool POP-UP CLASSES * 9/3 Power Sculpt Jay-Studio 9/10 Kettlebell Kickboxing Lana- Studio 9/17 Kickboxing Cassie-Studio 9/24 Barre Dana-studio	Yoga Flow Jessica Studio
10:00am	Silver Sneakers Yoga ® Sue Gym Never Miss A Monday Bootcamp Cassie Studio Participant Led Aqua Aerobics Pool	Aqua Fitness Melanie Pool Yoga Flow Jessica Studio POP-UP 9/20 Gentle Stretch & Meditation Christine MPR	Rhythm Cycle Melanie Studio POP- UP 9/14 Silver Sneakers Yoga® Alyssa MPR	Silver Sneakers Yoga ® Sue Gym Participant Led Aqua Aerobics Pool POP-UP 9/1/ Chair Yoga Christine Gym	Hatha Yoga Suzanne Studio Boom Move It ® Melanie Gym POP-UP 9/2 Silver Sneakers Yoga Alyssa MPR		
11:00am	Senior Strength & Balance Sue Gym	Silver Sneakers Classic ® Melanie Gym	Silver Sneakers Cardio Fit ® Melanie Gym	Silver Sneakers Classic ® Sue Gym	Senior Body Tone & Balance Melanie Gym		
6:00pm	Cardio & Strength Blast Jay Studio	Zumba® Dana Studio	Full Throttle Fitness Cassie Studio	Sunset Cycle Jay Studio	Happy Power Hour Cassie Studio		
7:00pm		Water Aerobics Jan Pool		Water Aerobics Jan Pool			

* The schedule is subject to change
 * Weekend POP-UP Classes are at 9:00am.
 * Labor Day Holiday Hours 7:00am-1:00pm- No Group Fitness classes

**Introducing Cycle 101- A one on one session introducing you to indoor cycle
 Contact Dana Aten for more information.**

Child Watch Hours
 Monday - Saturday 8:30am-12:30pm
 Monday - Thursday 4:00pm-8:00pm