



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SEPTEMBER 2022

GROUP EXERCISE SCHEDULE – MORNING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	8:30 – 9:30 Fitness After 50 Mary	8:15 – 9:15 Tabata/Sculpt Deb	8:30 – 9:30 Fitness After 50 Mary	8:15 – 9:15 Bootcamp Deb	8:30 – 9:30 Fitness After 50 Mary	
10:00am	10:00 – 11:00 Silver Sneakers Classic Mary		10:00 – 11:00 Silver Sneakers Classic Mary	10:30 – 11:30 Chair Yoga Danielle	10:00 – 11:00 Silver Sneakers Classic Mary	
11:00am						

GROUP EXERCISE SCHEDULE - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm						
5:30pm	6:05 – 7:05 Cycle/Sculpt Sherri	6:30 – 7:45 Yoga Hold-N-Flow Danielle	5:30 – 6:30 Cycle/Pilates Deb	6:05 – 7:05 Cycle/Sculpt 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

Vermilion Family YMCA Facility Hours

Monday – Friday

8am to 12pm

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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.

Yoga

Hold-N-Flow - All-levels hold-n-flow yoga. 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!