



Geauga Family YMCA

January Group Fitness Schedule

Land & Water Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						Cycle Jay Studio	
8:30am							
9:00am	Cycle Jay Studio Swim Instruction Matt Pool Participant Led Aqua Aerobics Pool	Pure Strength Melanie Gym	Cardio & Strength Blast Jay Gym Water Wild Card Melanie Pool	Aqua Tone Amy Pool		*Possible Participant Led Aqua Aerobics Pool Pop Up Classes 1/14 Lana- HIIT 1/21 Jay-Power Sculpt 1/28 Lana HIIT	
10:00am	Silver Sneakers Yoga ® Sue Gym Participant Led Aqua Aerobics Pool	Aquacise Melanie Pool Yoga Flow Jessica Studio	Rhythm Cycle Melanie Studio Boom Muscle Jay Gym	Silver Sneakers Yoga ® Sue Gym Participant Led Aqua Aerobics Pool	Hatha Yoga Suzanne Studio Total Body Blast Melanie Gym		*New Time Yoga Flow Jessica Studio
11:00am	Senior Strength & Balance Sue Gym	Silver Sneakers Classic ® Melanie Gym	Silver Sneakers Circuit ® Melanie Gym	Silver Sneakers Classic ® Sue Gym	AOA FITNESS Melanie Gym		
6:00pm	Cardio & Strength Blast Jay Studio			Cycle Jay Studio			
7:00pm		Water Aerobics Jan Pool		Water Aerobics Jan Pool			

*The Group Fitness Class Schedule is subject to change

*Classes are subject to instructor substitution

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