



North Royalton Group Exercise Schedule

December

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:15-7:05am Power Sculpt Chris Bring a Mat		9-9:50am Zumba Dana Gym	6:15-7:20am Tabata Doug		
AM	9-9:50am Step Sharon Bring a Mat	9-9:50am Zumba Dana Gym	9-9:50am Kickboxing Kristie	9-10:00am Outdoor Bootcamp Denise Sturer Metro Park	9-9:50am Zumba Dana	9-9:50am Zumba Suzanne	
Am	10:00-10:50am Zumba Suzanne	9-10:00am Outdoor Bootcamp Denise MetroParks	10:00-10:50am Yoga Fusion Denise Bring a Mat	10:00-10:50am Step Andi Bring a Mat	10-10:50am Barre Andi. Bring a Mat	10:00-10:50am Cardio Strength Combo Denise Bring a Mat	10:15-11:05am Zumba Sharon/Melanie Gym
PM		Power Sculpt Sharon 10-10:50 Bring a Mat	11-11:50pm Silver Sneakers Yoga Kristie/Vicki	10:00-10:50am Walk 15 Chris Gym	11:00-11:50 Silver Sneakers Classic Vicki		11:15-12:05pm Yoga Basics Angie
	12 -12:50pm Fitness after 50 Chris L.	10:00-10:50am Walk 15 Chris Gym	12-12:50pm Silver Sneaker Classic Vicki	11-12:00pm Barbell Strength- RIP Denise M Bring a Mat	12 -12:50pm Fitness after 50 Mary K		
		11-11:30pm Boom Muscle Sharon Bring a Mat					
PM		11:40-12:25pm Boom Mind Sharon Bring a Mat		5:00-6:00pm Pilates Sharon Bring a Mat			
PM	6:00-7:00pm Barbell Strength RIP Denise M Bring a Mat		6:00-7:00pm Barbell Strength RIP Denise M Bring a Mat	6:10-7:00pm Heavy Bag HIIT Angie Bring Gloves			
PM	7:10-8:00pm Zumba Melanie	6-6:50pm Barre Mary K. Bring a Mat				<p>Schedule Change Monday Zumba is now at 7:10pm</p>	

SPIRIT, MIND BODY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	10:00-11:00am PIYO Kristie Bring a Mat				8:30-9:20am TRX interval Doug		
AM			11:15-12:00pm TRX Circuit Doug	11-11:50am SS Yoga Kristie/Vicki	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.		12:15-1:20pm AOA Fitness & Strength Doug		11-11:50am TRX Circuit Denise Bring a Mat		
PM		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 Gina		
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>North Royalton Family YMCA www.clevelandymca.org NOTE: SCHEDULE SUBJECT TO CHANGE \$= Plus class Contact Denise Moore Wellness Coordinator dmoore@clevelandymca.org 440.230.9339</p>	
PM				6-6:50pm Cycle Chris			