



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# MARCH 2023

## GROUP EXERCISE SCHEDULE – MORNING

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

**Vermilion Family YMCA Facility Hours**  
**Monday – Friday**  
**8 am to 12 pm**  
 &  
**Monday, Tuesday, Thursday**  
**4 pm – 8 pm**

## GROUP EXERCISE SCHEDULE - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4:30pm</b>						
<b>5:30pm</b>	6:05 – 7:05 <b>Cycle/Sculpt</b> Sherri	6:30 – 7:45 <b>Candlelight Yoga</b> Danielle	5:00 – 6:00 <b>Cycle/Pilates</b> Deb  6:30 – 7:45 <b>Candlelight Yoga</b> Danielle	6:05 – 7:05 <b>Cycle/Sculpt</b> Sherri		

The Vermilion Family YMCA – 1230 Beechview Drive Vermilion, Ohio 44089 Any questions give us a call 440-967-4208 or email Gordon Jamieson [gjamieson@clevelandymca.org](mailto:gjamieson@clevelandymca.org)