



North Royalton Group Exercise Schedule

Main Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:15-7:05am Pure Strength Chris		9-9:50am Zumba Dana Gym	6:15-7:20am Tabata Doug		
AM	9-9:50am Step Sharon	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		9-10:00am Outdoor Bootcamp Denise MetroParks		10:00-10:50am Step Andi	10-10:50am Barre Andi.	10:00-10:50am Cardio Strength Combo Denise	10:15-11:05am Zumba Melanie
AM		Pure Strength Sharon 10-10:50	11-11:50pm Silver Sneakers Yoga Kristie/Vicki	10:00-10:50am Walk 15 Chris Gym	11:00-11:50 Silver Sneakers Classic Vicki	11:00-12:00pm LesMills BodyPump Denise	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 LesMills BodyPump Denise	12 -12:50pm Fitness after 50 Mary K		
		11-11:30pm Boom Muscle Val		12:10-1:00pm SS Yoga Kristie			
PM		11:40-12:25pm Chair Yoga Val		5:00-5:50pm Step Fusion Val		Starting April 5th Zumba @ 7:10pm on Wednesday's Suzanne Zumba @ 10am Monday's will be canceled	
PM	6:00-7:00pm LesMills BodyPump Denise	5-5:50pm Yoga Basics Sharon Bring a Mat	6:00-7:00pm LesMills BodyPump Denise	6:10-7:00pm Heavy Bag HIIT Angie			
PM	7:10-8:00pm Zumba Melanie	6-6:50pm Barre Mary K. Bring a Mat	7:10pm -8:00pm Zumba Suzanne				

SPIRIT MIND BODY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	10:00-11:00am PIYO Kristie Bring a Mat	Starting February 21 st @ 9:30am Diabetes Prevention Program			8:30-9:20am TRX interval Doug		
AM			11:15-12:00pm TRX Circuit Doug	11-11:50am Chair Yoga Vicki	9:30-10:00am Core Denise M Bring a Mat	11:00-11:50am Iron Kids Doug \$	
AM					11-11:50am TRX Circuit Denise Bring a Mat		
PM	12:30-1:20pm Tai Chi Chris S.		12:15-1:20pm AOA Fitness & Strength Doug				
PM				5:00-6:00pm Pilates Sharon Bring a Mat			
PM							

Cycle Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6:15-7:05am Cycle Jerry				6:15-7:05am Cycle Chris		
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		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	
PM				6-6:50pm Cycle Chris			