



Geauga Family YMCA

June 2023 Group Fitness Schedule

Land & Water Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Cycle Jay Studio					Cycle Jay Studio	
9:00am	Irrisistaball Strength & Core Lana Studio Participant Led Aqua Aerobics Pool	Pure Strength Melanie Gym	Cardio & Strength Blast Jay Gym Water Wild Card Melanie Pool	Aqua Tone Amy Pool Kick Boxing Cassie Studio		Participant Led Aqua Aerobics Pool Pop Up Classes 6/3 BODYPUMP Cassie 6/10 Power Sculpt Jay 6/17 BODYPUMP Cassie 6/24 Intro:Pilates Mat Kathy	
10:00am	Silver Sneakers Yoga ® Sue Gym Les Mills BODYPUMP Cassie Studio Participant Led Aqua Aerobics Pool	Aquacise Melanie Pool Yoga Flow Jessica Studio Gentle Yoga and Meditation Christine MPR	Rhythm Cycle Melanie Studio Boom Muscle Jay Gym Taijifit Tim MPR	Silver Sneakers Yoga ® Sue Gym Participant Led Aqua Aerobics Pool	Hatha Yoga Suzanne Studio Total Body Blast Melanie Gym		Yoga Flow Jessica Studio
11:00am	Senior Strength & Balance Sue Gym	Silver Sneakers Classic ® Melanie Gym	Silver Sneakers Circuit ® Melanie Gym Taijifit Tim MPR	Silver Sneakers Classic ® Sue Gym	AOA FITNESS Melanie Gym		
6:00pm	Cardio & Strength Blast Jay Studio		Les Mills BODYPUMP Fitness Cassie Studio	Cycle Jay Studio			
6:30pm		Zumba® Bridgit Studio		Zumba® Bridgit MPR			
7:00pm		Water Aerobics Jan Pool		Water Aerobics Jan Pool			

*The Group Fitness Class Schedule is subject to change

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