

# Parker Hannifin YMCA Group Exercise Schedule Effective June 5th 2023

|           | TIME                                                                                       | MONDAY                                                                                                                  | TUESDAY                                                                                                                     | WEDNESDAY                                       | THURSDAY                                                                                                                      | FRIDAY                                                                                                                                                                                                                                                          | SATURDAY                              | SUNDAY |
|-----------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|--------|
| MORNING   | 6:00 AM                                                                                    |  <b>Barbell Strength Lisa Studio I</b> | <b>Cycle Combo with Sarah Studio I</b>                                                                                      |                                                 | <b>Cycle &amp; Core with Sarah Studio I</b>                                                                                   |                                                                                                                                                                                                                                                                 |                                       |        |
|           | 6:15 AM                                                                                    |                                                                                                                         |                                                                                                                             | <b>Yoga Mairghread Yoga Room</b>                |                                                                                                                               | <b>VINYASA FLOW Angela/Yoga Room</b>                                                                                                                                                                                                                            | <b>9:00AM Y-Cycle with Katia!</b>     |        |
|           | 10:00 AM                                                                                   |                                                                                                                         |                                                                                                                             |                                                 |                                                                                                                               |                                                                                                                                                                                                                                                                 | <b>10:00AM Zumba/Brandi Studio II</b> |        |
|           | 10:00 AM                                                                                   | <b>Chair Yoga Judi/Yoga Room</b>                                                                                        |                                                                                                                             | <b>11:00AM Pilates Plus Lisa Studio II</b>      |  <b>NEW! Aquacise Katina/Pool</b>            |                                                                                                                                                                                                                                                                 |                                       |        |
|           | 11:00 AM                                                                                   | <b>Classic Mat Pilates/Lisa Studio II</b>                                                                               | <b>Silver Sneakers Circuit/Mo Fitness Floor</b>                                                                             | <b>Silver Sneakers Circuit/Mo Fitness Floor</b> |                                                                                                                               |                                                                                                                                                                                                                                                                 |                                       |        |
| AFTERNOON |  12:05 PM | <b>Mid-day Meditation Caillou/Yoga Room</b>                                                                             | <b>All Levels Yoga Adrienne Yoga Room</b>                                                                                   | <b>All Levels Yoga Adrienne Yoga Room</b>       | <b>All Levels Yoga Adrienne Yoga Room</b>                                                                                     |                                                                                                                                                                                                                                                                 |                                       |        |
|           | 12:15 PM                                                                                   |                                                                                                                         |  <b>New! Body Pump Stefanie Studio I</b> |                                                 |  <b>New! Body Pump Stefanie Studio I</b> |                                                                                                                                                                                                                                                                 |                                       |        |
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| EVENING   | 5:30 PM                                                                                    | <b>Cycle &amp; Strength Katia Studio I</b>                                                                              | <b>METSTAK (HIIT) Lisa Studio I</b>                                                                                         | <b>Cycle &amp; Strength Katia Studio I</b>      | <b>METSTAK (HIIT) Lisa Studio I</b>                                                                                           |  <b>NEW! Body Pump! Studio I Stefanie</b>                                                                                                                                  |                                       |        |
|           | 5:30 PM                                                                                    | <b>Zumba/Brandi Studio II</b>                                                                                           |                                                                                                                             |                                                 |                                                                                                                               | <p>Please download the "YMCA Universal" app for up-to-the-minute notifications.</p>   |                                       |        |
|           | 5:30 PM                                                                                    | <b>Slow Flow Yoga Mairghread Yoga Room</b>                                                                              | <b>Water Aerobics/Kenny Pool</b>                                                                                            |                                                 | <b>Water Aerobics Kenny/Pool</b>                                                                                              |                                                                                                                                                                                                                                                                 |                                       |        |
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