



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST SHORE FAMILY YMCA

JUNE GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES					
8:30-9:15am Zumba® Roula in the Gym	8:00-8:30am PT Intro* Max in the Studio <i>*June 13th</i>		8:30-9:15am Zumba® Roula in the Gym		
	9:00-9:50am Pure Strength Tyler in the Studio	9:00-9:50am Yoga Flow Wendy In the studio	9:00-9:50am Pure Strength Tyler in the Studio		
10:00-10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneakers® Classic Rosie in the Gym 10:00-10:50am Aqua Fit Dawn in the Pool	10:00-10:50am Barre Wendy in the Studio 10:00-10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneakers® Classic Tyler in the Gym 10:00-10:50am Aqua Fit Dawn In the Pool	10:00-10:50am BOOM® Combo Erin in the Gym 10:00-10:50am Aqua Fit Dawn In the Pool	10:00-10:50am Chair Yoga Sarah in the Studio
11:00-11:25am Flexible Core Express Rosie in the Studio	11:00-11:50am Chair Stretch Christine in the Studio			11:00-11:50am Tai Chi Easy Elizabeth in the Studio	11:00-11:30am Meditation Sarah in the Studio
11:00-12:30pm Pickleball Gym – Full Court	11:00-12:30pm Pickleball Gym – Full Court	11:00-12:30pm Pickleball Gym – Full Court	11:00-12:30pm Pickleball Gym – Full Court	11:00-12:30pm Pickleball Gym – Full Court	
EVENING CLASSES					
5:30-6:20pm Power Hour Tyler in the Studio	5:00-5:45pm Martial Arts - Beginner (\$) in the Gym 5:45-6:45pm Martial Arts – Advanced (\$) in the Gym	5:30-6:20pm Power Hour Melissa in the Studio 6:00-6:50pm Zumba Nicole in the gym	5:00-5:45pm Martial Arts - Beginner (\$) in the Gym 5:45-6:45pm Martial Arts – Advanced (\$) in the Gym	5:00-5:30pm PT Intro* Tyler in the Studio <i>*June 16th</i>	
<p>Schedule may change due to special events. All changes are announced on the West Shore page of our website: clevelandymca.org</p>					

West Shore Family YMCA Class Descriptions

SilverSneakers Classic®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers.

Fitness After 50: This intermediate-level class has low-impact cardiovascular conditioning, muscular strength work, and flexibility exercises. Exercises are designed to improve balance, coordination, manual dexterity, and agility. Your heart, lungs, muscles, balance, and energy will all improve.

BOOM® Combo: Up your game with this combination class of BOOM Muscle with BOOM Move. This class will take you through several groups of exercises that focus on different muscle groups mixed with cardio consisting of simple dance moves and sequences providing a great workout and plenty of fun.

Flexible Core Express: This Pilates-inspired class focuses on the abs and the low back area.

Barre: This fun and challenging low impact, muscular endurance workout that focuses on high repetitions and small, isometric movements, it is a full body workout with a "core" focus throughout the entirety of the 50 minutes. Equipment used: light weights, mat, small ball and ballet barre, no ballet experience necessary.

Zumba®: Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Add some Latin flavor and international zest into the mix, and you've got Zumba!

Chair Yoga: Chair yoga is a gentle practice that moves through yoga postures with the support of the chair, both seated and standing, breath work, and self-study to strengthen muscles, deepen flexibility, and create a healthy, vibrant, and confident lifestyle.

Pure Strength: This classic muscle building and conditioning class will upgrade your fitness with dumbbells, resistance bands, and body weight.

Power Hour: You have one hour to do as much work as you can. Each class looks different, with a focus on functional movements performed at high intensity with weights, TRX and resistance bands. This class is for everyone. Each movement can be modified and the intensity level is up to you. Try it today!

Tai Chi Easy: Tai Chi Easy™ is an approach to Tai Chi that makes it easy, beneficial and fun. The Tai Chi Easy™ methods are designed to improve the quality of life for people of all ages in a very simple, easy-to-learn way.

Yoga Flow: Yoga flow incorporates energetic movement through a series of postures matched with breath to create a sense of flow, strength and ease. Movements are performed standing, kneeling, and lying down.

Pickleball: Open Pickleball play in the gym!

Aqua Fit: Strengthen your body with low impact to your joints. This popular water aerobics workout is a blend of cardio and resistance training incorporating resistance tools such as buoyant water weights and noodles. No swimming skills are necessary.

PT Intro: Experience the guidance and motivation of a Personal Trainer in a small group environment. These free one-time 30-minute intro sessions give you a taste of what it's like to work with a trainer without the expense or commitment. Maximum of 5 participants per session. ***Sign-up ahead of time*** for either our **June 13th** or **June 16th** class and see if working with us is right for you! **Contact Tyler Stark at tstark@clevelandymca.org**