



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		8-8:50am Yoga Flow Rachel	
AM	9-9:50am Step Sharon	9-9:50am Zumba Dana GYM	9-9:50am Cardio Kickboxing Kristie		9-9:50am Zumba Dana	9-9:50am Zumba Suzanne	
Am			10:00- 11:00am LesMills Core Denise	10-10:50am Walk 15 Chris Gym	10-10:50am Barre Andi.	10:00-11:00am Tabata/ LesMills Core Denise	10:15-11:05am Zumba Dana
AM		Pure Strength Sharon 10-10:50	11-11:50pm SilverSneakers Yoga Kristie/Vicki	10:00-10:50am Step Andi	11:00-11:50 SilverSneakers Classic Vicki	11:00-12:00pm LesMills BodyPump Denise	
AM		10-10:50am Walk 15 Chris Gym		11-12:00pm LesMills BodyPump Denise			
	11-11:50am Fitness after 50 Chris L. Gym	11-11:30pm Boom Muscle Val					
PM	5:00-5:50pm LesMills Core Denise	11:40-12:25pm Chair Yoga Val	12-12:50pm SilverSneakers Classic Vicki	12:10-1:00pm SilverSneakers Yoga Kristie	12 -12:50pm Fitness after 50 Mary K	Starting February 10th Saturday Cardio Strength will be Tabata/ LesMills Core 30/30	
PM	6:00-7:00pm LesMills BodyPump Denise	5-5:50pm Yoga Basics Sharon	5:00-5:50pm Tabata Amanda	6:10pm -7:00pm Zumba Suzanne			
PM	7:10-8:00pm Zumba Suzanne	6-6:50pm Barre Mary K.	6:00-7:00pm LesMills BodyPump Denise				

SPIRIT MIND BODY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	10:00-11:00am PIYO Kristie	Diabetes Prevention Program 9:30am					
AM				11-11:50am Chair Yoga Vicki	10-10:50am LesMills Core Denise		
AM					11-11:50am TRX Circuit Denise		
PM	12:30-1:20pm Tai Chi Chris S.						
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 M		9-9:50am Cycle Denise M		9-9:50am Cycle Denise M	9-9:50am Cycle Chris	
AM						North Royalton Family YMCA www.clevelandymca.org <u>NOTE: SCHEDULE SUBJECT TO CHANGE</u> \$= Plus class Contact Denise Moore Wellness Coordinator dmoore@clevelandymca.org 440.230.9339	
PM				6-6:50pm Cycle Chris			

Updated: 1/17/2024