



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY 2024

GROUP EXERCISE SCHEDULE – MORNING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	8:30 – 9:30 Fitness After 50 Mary	8:00 – 9:00 Tabata/Sculpt Deb Feb 6,27 only	8:30 – 9:30 Fitness After 50 Mary	8:00 – 9:00 Tabata/Sculpt Deb Feb 8, 29 only	8:30 – 9:30 Fitness After 50 Mary	
10:00am	10:00 – 11:00 Silver Sneakers Classic Mary	10:30 – 11:30 Cardio Drums Alisha Feb 13,27 only	10:00 – 11:00 Silver Sneakers Classic Mary	10:30 – 11:30 Chair Yoga Danielle	10:00 – 11:00 Silver Sneakers Classic Mary	

Vermilion Family YMCA Facility Hours
Monday – Friday
8 am to 12 pm
&
Monday, Tuesday, Thursday
4 pm – 8 pm

GROUP EXERCISE SCHEDULE - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
evening	6:00 – 7:00 Cycle/Sculpt Sherri	6:15 – 7:30 All – Levels Yoga Danielle	4:00 – 5:00 Cycle/Pilates Deb Feb 7,28 only Wellness Center is CLOSED	5:00 – 6:00 Cardio Drums Alisha Feb 15, 29 only 6:00 – 7:00 Cycle/Sculpt Sherri	CLOSED	

The Vermilion Family YMCA – 1230 Beechview Drive Vermilion, Ohio 44089 Any questions give us a call 440-967-4208 or email Helen Fisher hfisher@clevelandymca.org