



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# VERMILION APRIL 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 <i>April 23, 30 only</i>	8:30 – 9:30 Fitness After 50 Mary	8:00 – 9:00 Tabata/Sculpt Deb <i>April 25 only</i>	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 <i>April 9, 23 only</i>	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  CLOSED APRIL 8 <sup>th</sup> only	6:15 – 7:30 All – Levels Yoga Danielle	4:00 – 5:00 Cycle/Pilates Deb <i>April 24 only</i>  Wellness Center is CLOSED	5:00 – 6:00 Cardio Drums Alisha <i>April 11, 25 only</i>  6:00 – 7:00 Cycle/Sculpt Sherri <i>No class April 4</i>	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](mailto:hfisher@clevelandymca.org)