

# Parker Hannifin YMCA Group X Schedule Effective May 6th 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6:00 AM	6:10AM Bar Bell Strength /Lisa Studio I	Cycle & Strength Sarah/Studio I	6:15 AM Yoga Mairghread Yoga Studio	Cycle & Core Sarah/Studio I	6:15 AM YogaFlow/Angela Yoga Room		
		9:00 AM Yoga/Adrienne Yoga Room				10:00AM Aqua Fit/Katina Pool		
	10:00 AM	Chair Yoga/Judi Yoga studio	Silver Sneakers Circuit Mo Fitness Floor	Pilates Plus/Lisa Studio II	Silver Sneakers Classic/Judy Studio I		9:00 AM Cycle Katia Studio I	
	11:00 AM	Classic Mat Pilates/Lisa Studio II		Silver Sneakers Circuit/Mo Fitness Floor				
	AM							
	AM							
<b>AFTERNOON</b>	12:05 PM	Power Yoga/Queen Yoga Studio		Power Yoga Queen Yoga Studio				
	12:15 PM	New! Core & More LaShundra Studio I	BodyPump Stefanie/Studio I		New! BodyPump Express Stefanie 12 :15-1:00pm Studio I	Barre Burn LaShundra Studio II		2:30 PM Power Yoga/Queen Yoga Studio
	1:00 PM				BodyCombat Express 30min Studio I			
<b>EVENING</b>						<p><b>Exciting new Pop-ups for May!</b></p> <p><b>Total Body 360 Team Training!</b> May 17th 11am</p> <p><b>Stretch Roll &amp; Restore!</b> May 14th 10am</p> <p>contact <a href="mailto:Iconner@clevelandymca.org">Iconner@clevelandymca.org</a></p>  		
	5:30 PM		Total Body Blast! Lisa Studio I	Barre Burn Lashundra Studio II	Total Body Blast! Lisa Studio I			
	5:45 PM		Aqua Fit Kenny/Pool		Aqua Fit Kenny/Pool			
	6:30 PM	New! BodyPump/Molly Studio I		New! BodyPump/Molly Studio I				
	7:00 PM		Yin Yoga / Queen followed by Assisted Yoga at 8pm 25mins 		Restorative Yoga/Queen followed by Assisted Yoga at 8pm 25mins 			

