



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREMIUM CLASS SCHEDULE – AUGUST 2019

LAKEWOOD FAMILY YMCA | 16915 DETROIT AVENUE, LAKEWOOD, OH 44107 | 216-521-8400

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
Yoga FEE Donna (CR) 8:30-9:20 AM			Senior WOW FEE Andrea (CR) 8:15-8:45 AM		WOW FEE Laura (2 nd Floor) 8:00-8:50 AM	
	Intro to TRX FEE Corey (TRX room) 8:30-9:00 AM	Power Yoga FEE Jacquelyn (CR) 9:45-10:40 AM	Intro to TRX FEE Corey (TRX room) 8:30-9:00 AM		Deep Stretch Yoga FEE Emily (CR) 9:00-10:15 AM	
	TRX FEE Jen/Ray (TRX Room) 9:15-10:05 AM	Tai Chi FEE Chris (GES) 11:30-12:20 AM	TRX FEE Jen/Ray (TRX Room) 9:15-10:05 AM Gentle Yoga FEE Donna (GES) 11:30-12:20 PM	Yoga FEE Donna (CR) 10:30-11:20 AM		
EVENING						
						Yoga FEE Jacquelyn (GES) 12:30-1:20 PM
TRX FEE John (TRX Room) 6:00-6:50 PM	Shotokan Karate FEE Frank Graziano (CR) 7:00-8:00 PM	Yoga FEE Donna (CR) 6:10-7:05 PM CAOS FEE John (TRX Room) 6:00-6:50 PM	TRX Bootcamp FEE John (TRX Room) 6:00-6:50 PM Y Strength FEE John (TRX Room) 7:00-7:50 PM			
	Y Strength FEE John (TRX Room) 7:00-7:50 PM		Yoga FEE Donna (CR) 6:00-6:50 PM Yogalates FEE Deb (CR) 7:00-7:50 PM			

CLASS LOCATIONS: GES – Group Exercise Room | CR – Community Room | TRX - Multi-Purpose Room A

YELLOW classes have additional fees, on top of the monthly Premium Class fee

****Each class location is reserved for Premium Class use ONLY during the scheduled time****

