# GROUP EXERCISE SCHEDULE – MORNING

**Hillcrest Family YMCA | 5000 Mayfield Road Lyndhurst, OH 44124 | 216-382-4300**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>6:15-7:05 Y-Cycle Sarah-Cycle Room*</td>
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<td>7:00am</td>
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<tr>
<td>8:00am</td>
<td>8:30-9:20 305 Fitness Tiarra-GX*</td>
<td>8:15-9:05 Fitness After 50 Ester– GX*</td>
<td>8:30-9:20 Power Sculpt Jill–GX*/Outdoors</td>
<td>8:15-9:05 Fitness After 50 Ester– GX*</td>
<td>8:15–9:05 Fitness After 50 Ester– Gym*</td>
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<tr>
<td>9:00am</td>
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<td>9:45-10:35 Zumba Esther-GX*</td>
<td>9:30-10:10 Kickboxing Combo Michelle S. – Outdoors</td>
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<td>8:30-9:20 Zumba Quanetta -GX*</td>
<td>9:45-10:35 Zumba Esther-GX*</td>
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<tr>
<td>10:00am</td>
<td>10:00-10:50 Silver Sneakers Classic Colleen – GX*</td>
<td>10:00–10:50 Line Dance Anita – GX* Y</td>
<td>10:00–10:50 Line Dance Anita – GX* Y</td>
<td>10:00–10:50 Silver Sneakers Yoga Stretch Anita– GX*</td>
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<tr>
<td>11:00am</td>
<td>11:30 – 12:20 Silver Sneakers Yoga Stretch Colleen– GX*</td>
<td>11:30-12:20 Silver Sneakers Classic Prince– GX*</td>
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*CLASS LOCATIONS: GX – Group Exercise Room | SG – Small Group | WR – Weight Room | GYM – Basketball Court | MPR– Multi-Purpose Room*

**Group Exercise Policies**

- Pre-register for class the day before @ 216.382.4300 or via the web https://app.appointmentking.com/scheduler_self_service.php?domid=237
- Follow arrows for entering and exiting
- Use marked Y-Spots to maintain social distancing
- Exercise equipment, EXCLUDING mats, prohibited
- Personal Items, bags, jackets prohibited
- There is a 11 member limit for group exercise classes
- Arrive no sooner than 10 minutes before class
- Please Clean your area before and after use
- When class is over please exit room and follow arrows and flow of traffic

August 2020
## GROUP EXERCISE SCHEDULE - EVENING

**Hillcrest Family YMCA | 5000 Mayfield Road Lyndhurst, OH 44124 | 216-382-4300**

<table>
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<tr>
<th>Monday</th>
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</table>
| 12:00pm | | | 12:15– 1:00  
Hawaiian Hula  
Donna – GX* | | | |
| 1:00pm | | 1:00–1:50  
Polynesian Dance  
Donna – GX* | | | | |
| 2:00pm | | | 2:00–2:50  
Belly Dance  
Donna – GX* | | | |
| 3:00pm | | | | | | |
| 4:00pm | | | | | | |
| 5:00pm | | | | | | |
| 6:00pm | 6:00-6:50  
Y-Cycle  
Doug-Cycle Room* | 6:30-7:10  
Line Dance  
Gigi – GX* | 6:00-6:50  
Y-Cycle  
Doug-Cycle Room* | 5:30-6:20  
Y-Cycle Combo  
Stacey-GX* |
| 7:00pm | | | 7:00 – 7:50  
Zumba  
Miriam– GX* | | | |
| 8:00pm | | | | | | |

* CLASS LOCATIONS: GX – Group Exercise Room | SG – Small Group | WR – Weight Room | GYM – Basketball Court  
MPR – Multi-Purpose Room | CR – Conference Room

**Group Exercise Policies**

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- Or via the web  
- Follow arrows for entering and exiting  
- Use marked Y-Spots to maintain social distancing  
- Exercise equipment, EXCLUDING mats, prohibited  
- Personal Items, bags, jackets prohibited  
- There is a 11 member limit for group exercise classes  
- Arrive no sooner than 10 minutes before class  
- Please Clean your area before and after use  
- When class is over please exit room and follow arrows and flow of traffic

**August 2020**