



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

OCTOBER 2018

GROUP EXERCISE SCHEDULE – MORNING

Vermilion Family YMCA | 320 Aldrich Rd. Vermilion, OH 44089 | 440-967-4208

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am						
8:00am	8:00 – 8:50 RIP (Barbell Strength) Michelle – CC* 8:45 – 9:45 Fitness After 50 Mary – SMBS*	8:00 – 8:50 BOOM Muscle & Mind Michelle – CC*	8:00 – 8:50 Cycle Michelle – CS 8:45 – 9:45 Fitness After 50 Mary – SMBS*		8:45 – 9:45 Fitness After 50 Mary – SMBS*	8:00 – 8:50 Cycle Michelle – CS*
9:00am						
10:00am	10:00 – 11:00 Silver Sneakers Classic Mary – CC*		10:00 – 11:00 Silver Sneakers Classic Mary – CC*	10:00 – 10:50 NIA Kathy – CC*	10:00 – 11:00 Silver Sneakers Classic Mary – CC*	
11:00am				11:00 – 11:50 Chair Yoga Kathy – CC*		
12:00pm						

*CLASS LOCATIONS: CC – Community Center | CS – Cycle Studio | SBMS – Spirit, Body & Mind Studio

*Schedule is subject to change

CHECK OUT THE SCHEDULE ON THE GREATER CLEVELAND YMCA APP



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GROUP EXERCISE SCHEDULE - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00pm						
4:00pm						
5:00pm	5:30 - 6:20 Tabata/Sculpt Deb - CC*			7:00 - 8:00 Beginners Levels Yoga Danielle - SBMS		
6:00pm			6:00 - 6:50 Cycle/Strength Deb - CS*			
7:00pm						

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Vermilion YMCA Facility Hours:

Monday/Wednesday: 6:00am - 9:00pm
 Tuesday/Thursday: 7:00am - 9:00pm
 Friday: 6:00am - 8:00pm
 Saturday: 7:30am - 1:00pm