



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE – MORNING

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00am</b>	6:00-6:50 <b>Y-Cycle</b> Sarah-GX*		6:00-6:50 <b>Y-Cycle</b> Sarah-GX*		6:00-6:50 <b>Y-Cycle</b> Sarah-GX*		
<b>7:00am</b>							
<b>8:00am</b>						8:30 – 9:20 <b>Zumba</b> Quanetta- SG* <b>Y</b>  8:30-9:20 <b>Y-Cycle</b> Staff-GX*	
<b>9:00am</b>	9:00-9:50 <b>Body Works</b> Gigi – GX*	9:00 – 9:50 <b>Cardio Sculpt</b> Jill – GX*	9:00 – 9:50 <b>Zumba</b> Gigi – GX*	9:00 – 9:50 <b>Zumba</b> Michelle H. – GX*	9:00 – 9:50 <b>Buti Yoga</b> Anita- GX*	9:30 –10:30 <b>Y-Pump</b> Prince- GX*	9:10 – 10:00 <b>Gentle Yoga</b> Linda – GX* <b>Y</b>
<b>10:00am</b>	10:15 – 11:00 <b>Zumba Gold</b> Gigi R. – Gym*	10:00 – 10:50 <b>Power Sculpt</b> Tiarra- GX*  10:00 -10:50 <b>Women on Weights</b> Gina- WR* \$	10:15 – 11:00 <b>Zumbini</b> Gigi R. – SG* <b>Y</b>	10:00– 11:00 <b>Y-Pump</b> Prince – GX*	10:15 – 11:05 <b>Silver Sneakers Cardio Fit</b> Anita – GX*	10:40 – 11:30 <b>Zumba</b> Esther F. – GX*	10:15-11:00 <b>Y-Cycle</b> Michelle S.- GX*
<b>11:00am</b>	11:15 – 12:00 <b>Silver Sneakers Classic</b> Colleen – Gym*	11:05 – 11:50 <b>Fitness After 50</b> Ester- Gym*	11:15 – 12:00 <b>Silver Sneakers Classic</b> Prince – Gym*	11:15-12:00 <b>Balance &amp; Ease w/Ester</b> Ester – GX*\$  11:00-11:50 <b>Baby Bump Bootcamp</b> Gina – SG* \$ <b>Y</b>	11:05 – 11:50 <b>Fitness After 50</b> Ester- Gym*		
<b>12:00pm</b>	12:15 – 1:00 <b>Silver Sneakers Yoga Stretch</b> Colleen- GX*	12:15– 1:00 <b>Line Dance</b> Anita – GX* <b>Y</b>	12:15 – 1:00 <b>Relax &amp; Stretch</b> Prince- GX* <b>Y</b>	12:15– 1:00 <b>Line Dance</b> Anita – GX* <b>Y</b>	12:15 – 1:00 <b>Silver Sneakers Yoga Stretch</b> Anita- GX*		

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

\$ - Denotes fee based class participate  
Y – Family Friendly

\*Schedule is subject to change

**September 2019**



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# GROUP EXERCISE SCHEDULE - EVENING

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00pm			1:00-2:00 <b>Polynesian Dance</b> Donna - GX* Y				
2:00pm							
3:00pm							
4:00pm					4:30 - 7:30 <b>Family Fun Night</b> Staff - GX* Y		
5:00pm	5:30 - 5:50 <b>Ab Lab Express</b> Prince - GX*	5:30-7:00 <b>Live Long Lyndhurst</b> Cleveland Clinic-GX*					
6:00pm	6:00-6:50 <b>Y-Cycle</b> Doug-GX* 6:30-8:00 <b>Stress Positive</b> Melanie - CR*\$Y 6:00-6:50 <b>Body Sculpting</b> Nadiyah-SG*	6:00-6:50 <b>Barre Blend</b> Beth- SG 6:00-6:50 <b>TRX \$</b> Prince-MPR* <b>11/12</b>	6:00-6:50 <b>Y-Cycle</b> Griff-GX*	6:00-6:50 <b>Y-Cycle Combo</b> Stacey-GX* 6:00-6:50 <b>TRX \$</b> Prince-MPR* <b>9/5</b>	6:00-8:00 <b>Bike the Y</b> Sarah/Prince- Outside Trails* Y <b>9/20</b>		
7:00pm	7:00 - 7:50 <b>Step</b> Nadiyah- GX*	7:00 - 7:50 <b>Y-Cycle</b> Chelle-GX*	7:00 - 7:50 <b>Step</b> Nadiyah- GX*	7:00 - 7:50 <b>Zumba</b> Miriam- GX* <b>Y</b> 7:00 - 7:50 <b>Kettlebells</b> Stacey-SG*	7:00-7:30 <b>HIIT Step</b> Nadiyah - GX* Y <b>9/6</b>		
8:00pm		8:00 - 8:50 <b>Line Dance</b> Gigi F.- GX* Y					
9:00pm							

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MPR- Multi-Purpose Room| CR- Conference Room

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September 2019