



North Royalton Group Exercise Schedule

November

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M		6-6:50am Power Sculpt Chris		6-6:50am Power Sculpt Gina		8-8:50am Boxing Angie \$	
A M		9-9:50am Zumba® Dana		8:00-8:50am Barre Andrea			
A M	9-10:00am Step Sharon	10:00-10:50am TRANSFORM Andi	9-9:50am Power Sculpt Sharon	9-9:50am Zumba® Dana	9-9:50am Zumba® Dana (TW)	9-9:50am Zumba® Suzanne (TW)	
A M	10-10:50am Zumba® Suzanne	11:00-11:50am Zumba Gold Sue		10-11:00am RIP Denise	10-10:50am Senior Strength & Balance Mary K.	10-10:50am Cardio Combo Denise	10:15-11:05am Zumba® Carre/Bri
A M	11-11:50am Fitness After 50 Chris	12-12:30pm Silver Sneakers® Boom Muscle Kristie	11:00-11:50am Senior Strength Mary K.	11:10-12:00am Silver Sneaker Circuit Lynda	11:00-11:50am Fitness after 50 Mary K.	11-12:00pm RIP Rinette	11:15-12:05pm Yoga Angie \$
P M	12-12:50pm Silver Sneakers® Classic Sue	12:40 1:10pm Silver Sneakers® Boom Mind Kristie	12-12:50pm Silver Sneakers® Classic Chris	12:10-1:00pm Silver Sneakers® Yoga Kristie	12-12:50pm Silver Sneakers® Classic Chris		
P M	1:00-1:50pm Silver Sneakers® Yoga Sue	5 - 5:50pm Low Impact Cardio Step Vicki	1:00-1:50pm Silver Sneakers® Yoga Chris	5-5:50pm Cardio Mix Amanda	New Classes Thursday's @ 6:00pm Barre/Andi Zumba Kids Wednesday's 7:10pm Starts Nov. 7th Zumba New Time Thursday's @ 7:00pm		
P M	5:30-6:30pm RIP Rinette	6:10-7:00pm Boxing Circuit Angie \$	5 - 5:50pm The Mixx Vicki	Barre -New 6:00-6:50pm Andi			
P M	6:35-7:25pm HIIT/Ab Lab Denise	7:10-8:00pm Zumba® Bri (TW)	6:00-7pm RIP Denise	7:00-7:50pm Zumba® Carre (TW)			
P M	7:30-8:20pm Zumba® Suzanne (TW)		7:10-7:50pm Zumba Kids Dawn Starts Nov. 7th				

SPIRIT, MIND BODY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M		9-9:50am WOW Mike \$	9-9:50am Cardio Kick Kristie		9-9:50am Power Sculpt Sharon	8-8:50am Boot camp Chris	
A M	10-10:50am Pilates Sharon \$	10-11:15am Real You Kristie \$		10-11:00am Real You Kristie \$		9-9:50am TRANSFORM Alexandra	
A M		10:00-10:50 Walk 15 Chris <i>Gym</i>	10-11:00am PIYO Kristie \$	10:00-10:50 Walk 15 Chris <i>Gym</i>	10-10:50am Yoga Sharon \$	10:00-11:00am Real You Angie \$	
P M	12-12:30pm Sr. Strength Express Doug		12-12:30pm Sr. Strength Express Doug	5:30-6:20pm Core Conditioning Chris L.	11:00-11:50pm TRX Denise \$	11:00-11:50am IRON KIDS Caroline \$	
P M	5-7:00pm Adaptive Dance Class	6:00-6:50pm Candlelight Yoga Brittney \$	12:30-1:20pm Tai Chi Easy Lynda	6:00-7:15pm Real You Angie \$			
P M				7:15-8:00pm Dryland Swim Team			

STUDIO CYCLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A M	6-6:50am Power Cycle Gina	7-7:50am Power Cycle Gina	6-6:50am Power Cycle Chris		6-6:50am Power Cycle Gina		
A M	9-9:50am Power Cycle Pam		9-9:50am Power Cycle Gina		9-9:50am Power Cycle Denise	9-9:50am Power Cycle (TW) Angie	10:15-11:05am Power Cycle Tracy/Gina/Gary Alternate
A M	10:30-11:00am Senior Cycle Doug					<p>North Royalton Family YMCA www.clevelandymca.org NOTE: SCHEDULE SUBJECT TO CHANGE \$= Plus class (TW)=ages 10 and up Contact Denise Moore Wellness Coordinator dmoore@clevelandymca.org 440.230.93390X2530</p>	
P M	5:15-6:15pm Swim Team 6:30-7:20pm Power Cycle Chris	5:15-6:15pm Swim Team 7:15-8:00pm Dryland Swim Team Spin	5:15-6:15pm Swim Team	5:15-6:15pm Swim Team 6:30-7:20pm Power Cycle Chris			