



# North Royalton Group Exercise Schedule

## March

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

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

## SPIRIT, MIND BODY ROOM CYCLE STUDIO

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