



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
6:00am	6:00-6:50 Y-Cycle Sarah-GX*		6:00-6:50 Y-Cycle Sarah-GX*		6:00-6:50 Y-Cycle Sarah-GX*		
7:00am							
8:00am						8:30 – 9:20 Zumba Quanetta- SG* 8:30-9:20 Y-Cycle Staff-GX*	
9:00am	9:00 – 9:50 Cardio Sculpt Jill – GX*	9:00 – 9:50 Core De Force Tiarra – GX*	9:00 – 9:50 Zumba Gigi – GX*	9:00 – 9:50 Zumba Cindy – GX*	9:00 – 9:50 Buti Yoga Anita- GX*	9:30 –10:30 Y-Pump Prince- GX*	9:00 – 9:50 Gentle Yoga Linda – GX*
10:00am	10:15 – 11:00 Zumba Gold Gigi R. – GX*	10:00 – 10:50 Power Sculpt Tiarra- GX* 10:00 -10:50 Women on Weights Gina- WR* \$	10:15 -11:00 Senior Warriors Donavon – GX 10:00 -10:50 10:15 – 11:00 Zumba Kids Gigi R. – SG*	10:00– 11:00 Y-Pump Prince – GX*	10:15 – 11:05 Silver Sneakers Cardio Fit Anita – GX*	10:40 – 11:30 Zumba Miriam – GX*	10:00-11:00 Y-Cycle Michelle-GX*
11:00am	11:15 – 12:00 Silver Sneakers Classic Colleen – GX*	11:05 – 11:50 Fitness After 50 Ester- Gym*	11:15 – 12:00 Silver Sneakers Classic Prince – GX*	11:15 – 12:00 Balance & Ease w/Ester Ester – GX*\$	11:05 – 11:50 Fitness After 50 Ester- Gym*		11:05– 11:50 Power Sculpt Michelle- GX*
12:00pm	12:15 – 1:00 Silver Sneakers Yoga Stretch Colleen- GX*	12:15– 1:00 Line Dance Anita – GX*	12:15 – 1:00 Relax & Stretch Prince- GX*	12:15– 1:00 Line Dance Anita – GX*	12:15 – 1:00 Silver Sneakers Yoga Stretch 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 to participate

\$R Denotes optional fee to reserve a spot

*Schedule is subject to change

March 2019



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GROUP EXERCISE SCHEDULE - EVENING

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00pm	1:10 – 2:00 Tai Chi Eb- GX*		1:00-2:00 Polynesian Dance Donna – GX*				
2:00pm							
3:00pm							
4:00pm					4:30 – 7:30 Family Fun Night Staff – GX*		
5:00pm	5:30 – 5:50 Ab Lab Express Prince – GX*						
6:00pm	6:00-6:50 Y-Cycle Doug-GX* 6:00-6:50 H.I.I.T Leslie-SG* 7:00 -7:50 Women on Weights Lisa- WR* \$	6:00-6:50 Barre Blend Beth-GX*	6:00-6:50 Y-Cycle Griff-GX* 6:00-6:50 H.I.I.T Leslie-SG* 6:30-8:00 Stress Positive Melanie – CR* \$ Starting 3/20	6:00-6:50 Y-Cycle Combo Stacey-GX* 6:00-6:50 TRX \$ Prince-MPR*			
7:00pm	7:00 – 7:50 Step Nadiyah- GX*	7:00 – 7:50 Y-Cycle Chelle-GX* 7:00 – 7:50 Yoga Linda- MPR*	7:00 – 7:50 Step Nadiyah- GX*	7:00 – 7:50 Zumba Miriam- GX* 7:00 – 7:50 Kettlebells Stacey-SG*			
8:00pm		8:00 – 8:50 Line Dance Gigi- GX*					
9:00pm							

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

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March 2019