



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*  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> Cindy – GX*	9:00 – 9:50 <b>Buti Yoga</b> Anita- GX*	9:30 –10:30 <b>Y-Pump</b> Prince- GX*	9:00 – 9:50 <b>Gentle Yoga</b> Linda – GX*
<b>10:00am</b>	10:15 – 11:00 <b>Zumba Gold</b> Gigi R. – GX*	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>Senior Warriors</b> Donavon – GX 10:00 -10:50  10:15 – 11:00 <b>Zumba Kids</b> Gigi R. – SG*	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> Miriam – GX*	10:00-11:00 <b>Y-Cycle</b> Michelle-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*  11:00-11:50 <b>Baby Bump Bootcamp</b> Gina – GX* \$	11:15 – 12:00 <b>Balance &amp; Ease w/Ester</b> Ester – GX*\$	11:05 – 11:50 <b>Fitness After 50</b> Ester- Gym*		11:05– 11:50 <b>Power Sculpt</b> Michelle- GX*
<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*	12:15 – 1:00 <b>Relax &amp; Stretch</b> Prince- GX*	12:15– 1:00 <b>Line Dance</b> Anita – GX*	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 to participate  
\$R Denotes optional fee to reserve a spot

\*Schedule is subject to change

**May 2019**



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# GROUP EXERCISE SCHEDULE - EVENING

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1:00pm</b>			1:00-2:00 <b>Polynesian Dance</b> Donna - GX*	1:00-1:45 <b>Self Defense</b> Donavon - GX* \$			
<b>2:00pm</b>				2:00-2:45 <b>Martial Arts</b> Donavon-MPR*\$			
<b>3:00pm</b>							
<b>4:00pm</b>							
<b>5:00pm</b>	5:30 - 5:50 <b>Ab Lab Express</b> Prince - GX*	5:30 -6:15 <b>Self Defense</b> Donavon-MPR* \$			5:30 - 7:00 <b>Family Fun Night</b> Staff - GX*		
<b>6:00pm</b>	6:00-6:50 <b>Y-Cycle</b> Doug-GX*  6:00-6:50 <b>H.I.I.T</b> Leslie-SG*	6:00-6:50 <b>Barre Blend</b> Beth-GX*  6:30-7:15 <b>Martial Arts</b> Donavon-SG*\$	6:00-6:50 <b>Y-Cycle</b> Griff-GX*  6:00-6:50 <b>H.I.I.T</b> Leslie-SG*  6:30-8:00 <b>Stress Positive</b> Melanie - CR* \$ <b>Ends May 1st</b>	6:00-6:50 <b>Y-Cycle Combo</b> Stacey-GX*  6:00-6:50 <b>TRX \$</b> Prince-MPR*  6:00- 6:00 <b>Women on Weights</b> Gina- SG \$			
<b>7:00pm</b>	7:00 -7:50 <b>Women on Weights</b> Leslie- WR* \$  7:00 - 7:50 <b>Step</b> Nadiyah- GX*	7:00 - 7:50 <b>Y-Cycle</b> Chelle-GX*  7:00 - 7:50 <b>Yoga</b> Linda- MPR*	7:00 - 7:50 <b>Step</b> Nadiyah- GX*	7:00 - 7:50 <b>Zumba</b> Miriam- GX*  7:00 - 7:50 <b>Kettlebells</b> Stacey-SG*	7:00-7:30 <b>HIIT Step</b> Nadiyah - SG*		
<b>8:00pm</b>		8:00 - 8:50 <b>Line Dance</b> Gigi F.- GX*					
<b>9:00pm</b>							

\* 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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**May 2019**