



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>	6:15-7:05 <b>Y-Cycle</b> Sarah-CR*		6:15-7:05 <b>Y-Cycle</b> Sarah-CR*		6:15-7:05 <b>Y-Cycle</b> Sarah-CR*		
<b>7:00am</b>							
<b>8:00am</b>	8:30-9:20 <b>305 Fitness</b> Tiarra-GX*	8:15 – 9:05 <b>Fitness After 50</b> Ester- Gym*  8:30-9:20 <b>Met Con</b> Tiarra-GX*	8:30-9:20 <b>Cardio Combo</b> Jill- GX*	8:15 – 9:05 <b>Fitness After 50</b> Ester- Gym* 8:30-9:20 <b>Kickboxing Combo</b> Michelle S. GX (Zoom)*		8:15 – 9:00 <b>Fitness After 50</b> Ester- GX*  8:30-9:20 <b>Zumba</b> Quanetta -SG*	
<b>9:00am</b>		9:30-10:00 <b>Silver Sneakers Balance</b> Ester-Gym*	9:45-10:35 <b>Zumba</b> Esther-GX*		9:00-9:50 <b>Vinyasa Yoga</b> Carmen-GX*	9:00-9:50 <b>Y-Cycle</b> Staff -CR*  9:45-10:35 <b>Zumba</b> Esther-GX*	
<b>10:00am</b>	10:00– 10:50 <b>Silver Sneakers Classic</b> Colleen – GX*	10:00– 10:50 <b>Line Dance</b> Colleen – GX*		10:00– 10:50 <b>Line Dance</b> Dahmia– GX*	10:00 – 10:50 <b>Chair Yoga</b> Carmen– GX*  10:30-11:00 <b>Intro Cycle</b> Sarah-CR* <b>ONLY 1/1</b>	10:30-11:00 <b>Intro Cycle</b> Sarah-CR* <b>ONLY 1/16</b>	10:15-11:05 <b>Restorative Yoga</b> Carmen GX*
<b>11:00am</b>	11:15 – 12:05 <b>Silver Sneakers Yoga Stretch</b> Colleen– GX*	11:15-12:05 <b>Silver Sneakers Classic</b> Colleen-GX*	11:30-12:20 <b>Silver Sneakers Classic</b> Prince-GX *	11:00-11:50 <b>Accessible Chair Yoga</b> Judi- GX*			

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

## \*Group Exercise Policies\*

- Pre-register for class the day before @ 216.382.4300 or via the web  
[https://app.appointmentking.com/scheduler\\_self\\_service.php?domid=237](https://app.appointmentking.com/scheduler_self_service.php?domid=237)
- Follow arrows for entering and exiting
- Use marked Y-Spots to maintain social distancing
- Exercise equipment, EXCLUDING mats, prohibited
- Personal Items, bags, jackets please place on coat rack
- There is a limit for group exercise classes
- Arrive no sooner than 10 minutes before class
- Please Clean your area before and after use
- When class is over please exit room and follow arrows and flow of traffic

January 2021



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# GROUP EXERCISE SCHEDULE - EVENING

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12:00pm</b>	12:15-1:05 <b>EnerChi</b> Colleen-GX*	12:15-1:05 <b>Chair Yoga</b> Carmen-GX*		12:15- 1:00 <b>Polynesian Dance/ Hawaiian Hula</b> Dahmia - GX*			
<b>1:00pm</b>				1:15-2:05 <b>Belly Dance</b> Dahmia - GX*			
<b>5:00pm</b>				5:30-6:20 <b>Y-Cycle Combo</b> Stacey-GX*			
<b>6:00pm</b>	6:00-6:50 <b>Y-Cycle</b> Doug-CR*  6:00-6:50 <b>Zumba</b> Miriam-GX*	6:00-6:30 <b>Intro Cycle</b> Sarah-CR* <b>Only 1/12 &amp; 1/26</b>  6:30-7:10 <b>Line Dance</b> Gigi - GX*	6:00-6:50 <b>Y-Cycle</b> Doug-CR*	6:00-6:50 <b>Met Con</b> Tiarra-MPR*			
<b>7:00pm</b>		7:15-8:05 <b>Vinyasa Yoga</b> Carmen-MPR*	7:15-8:05 <b>Gentle Yoga</b> Carmen-GX*	7:00 - 7:50 <b>Zumba</b> Miriam- GX*			
<b>8:00pm</b>							

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