



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## PREMIUM CLASS SCHEDULE – MORNING-APRIL

Lakewood Family YMCA | 16915 Detroit Avenue, Lakewood, OH 44107 | 216-521-8400

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00 AM</b>	Yoga FEE Donna (CR) 8:30-9:20			Yoga Jacquelyn (CR) 8:15-9:05		WOW FEE Laura (2 <sup>nd</sup> Floor) 8:00-8:50	
<b>8:15 AM</b>							
<b>8:30 AM</b>				Senior WOW FEE Andrea (TRX Room) 8:30-9:00 AM			
<b>9:00 AM</b>	WOW FEE Vicki (TRX Room) 9:00-9:50	TRX FEE Jen/Ray (TRX Room) 9:15-10:05	WOW FEE Vicki (TRX Room) 9:00-9:50	TRX FEE Jen/Ray (TRX Room) 9:15-10:05	WOW FEE Vicki (TRX Room) 9:00-9:50	Deep Stretch Yoga FEE Cindy (CR) 9:00-10:15	
<b>9:15 AM</b>							
<b>10:30 AM</b>			Tai Chi FEE Chris (GES) 11:30-12:20	Gentle Yoga FEE Donna (GES) 11:30-12:20	Yoga FEE Donna (CR) 10:30-11:20		
<b>11:30 AM</b>							

**\*CLASS LOCATIONS: GES – Group Exercise Room | TRX – TRX Studio | CR – Community Room**

\*Schedule is subject to change

When you see \*\* it means that class is not free for plus members



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# PREMIUM CLASS SCHEDULE – EVENING-APRIL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12:30 PM</b>							Yoga FEE Jacquelyn (GES) 12:30-1:20
<b>6:00 PM</b> <b>6:10 PM</b>	TRX FEE John (TRX Room) 6:00-6:50	**Shotokan Karate Beginners FEE Frank Graziano (CR) 6:00-7:00	Yoga FEE Donna (CR) 6:10-7:05  CAOS FEE John (TRX Room) 6:00-6:50	TRX Bootcamp FEE John (TRX Room) 6:00-6:50  Yoga FEE Cindy (CR) 6:00-6:50			
<b>7:00 PM</b> <b>7:10 PM</b> <b>8:00 PM</b>		**Y Strength FEE John (TRX Room) 7:00-7:50  **Shotokan Karate Intermediate FEE Frank Graziano (CR) 7:00-8:00  Yoga FEE Kim (GES Room) 8:00-8:50	Pilates FEE Deb (CR) 7:10-8:05	**Y Strength FEE John (TRX Room) 7:00-7:50  Yogalates FEE Deb (CR) 7:00-7:50			

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