



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PREMIUM CLASS SCHEDULE – MORNING-DECEMBER

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

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

***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 member



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PREMIUM CLASS SCHEDULE – EVENING-DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:30 PM							Yoga FEE Emily (GES) 12:30-1:20
6:00 PM 6:10 PM	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			
7:00 PM 7:10 PM		**Y Strength FEE John (TRX Room) 7:00-7:50 **Shotokan Karate Intermediate FEE Frank Graziano (CR) 7:00-8:00	Pilates FEE Deb (CR) 7:10-8:05	**Y Strength FEE John (TRX Room) 7:00-7:50			

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