



North Royalton Group Exercise Schedule

September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6-6:50am Power Sculpt Chris		5:45-6:45am Power Sculpt Gina		8-8:50am Boxing Angie \$	
AM		9-9:50am Zumba® Dana		8:00-8:50am Barre Mary K			
AM	9-10:00am Step Sharon	10:00-10:50am Barre Andi	9-9:50am Power Sculpt Sharon	9-9:50am Zumba® Dana	9-9:50am Zumba® Dana (TW)	9-9:50am Zumba® Suzanne (TW)	
AM	10-10:50am Zumba® Suzanne	11:00-11:50am Zumba Gold Sue		10-11:00am RIP Denise	10-10:50am Senior Strength & Balance Mary K.	10-10:50am Cardio Combo Denise	10:15-11:05am Zumba® Carre/Bri
AM	11-11:50am Fitness After 50 Chris	12-12:30pm Silver Sneakers® Boom Muscle Kristie	11:00-11:50am Senior Strength Mary K.	11:10-12:00am Silver Sneaker Circuit Lynda	11:00-11:50am Fitness after 50 Mary K.	11-12:00pm RIP Rinette	11:15-12:05pm Yoga Angie
PM	12-12:50pm Silver Sneakers® Classic Sue	12:40 1:10pm Silver Sneakers® Boom Mind Kristie	12-12:50pm Silver Sneakers® Classic Chris	12:10-1:00pm Silver Sneakers® Yoga Kristie	12-12:50pm Silver Sneakers® Classic Chris		
PM	1:00-1:50pm Silver Sneakers® Yoga Sue	5 - 5:50pm Low Impact Cardio Step Vicki	1:00-1:50pm Silver Sneakers® Yoga Chris	5-5:50pm Cardio Mix Amanda	<p style="text-align: center;">New Time Thursday's 5:45 Power Sculpt is now</p> <p style="text-align: center;">Kids Dance at 10:00am Wednesday's Canceled due to Kids back in School</p>		
PM	5:30-6:30pm RIP Rinette	6:10-7:00pm Boxing Circuit Amie \$	5 - 5:50pm The Mixx Vicki	Barre 6:00-6:50pm Andi			
PM	6:35-7:25pm HIIT/Ab Lab Denise		6:00-7pm RIP Denise	7:00-7:50pm Zumba® Carre (TW)	<p style="text-align: center;">Schedule Change Starting September 3 Barre will replace Transform @ 10am on Tuesdays Thursday's @ 8:00am With Mary K.</p>		
PM	7:30-8:20pm Zumba® Suzanne (TW)	7:10-8:00pm Zumba® Bri (TW)	7:15-7:55pm Family Zumba Dawn				

SPIRIT, MIND BODY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		9-9:50am WOW Mike \$	9-9:50am Cardio Kick Kristie		9-9:50am Power Sculpt Sharon	8-8:50am Boot camp Chris Gymnasium	
AM	10-10:50am Pilates Sharon	9-10:15am Real You Kristie \$		9-10:00am Real You Kristie \$		9:00-9:50am WOW Mike \$	
AM		10:00- 10:50am Walk 15 Chris Gym	10-11:00am PIYO Kristie	Tai Chi Easy Lynda 10:10- 11:00am	10-10:50am Yoga Sharon	9-9:50am TRANSFORM Alexandra	
PM	12-12:30pm Sr. Strength Express Doug	6:30-7:45pm Real You Mike \$	12-12:30pm Sr. Strength Express Doug	10:00- 10:50am Walk 15 Chris Gym	11:00-11:50pm TRX Denise \$		
PM		6:00-6:50pm Yoga Sharon		5:30-6:20pm Core Conditioning Chris		11:00-11:50am IRON KIDS Mike \$	
PM				Real You 6:30-7:30pm \$ Mike			

Cycle Studio-

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6-6:50am Power Cycle Jerry	7-7:50am Power Cycle Gina	6-6:50am Power Cycle Chris		6-6:50am Power Cycle Gina		
AM	9-9:50am Power Cycle Denise Moore		9-9:50am Power Cycle Gina		9-9:50am Power Cycle Denise MC	9-9:50am Power Cycle (TW) Chris	10:15-11:05am Power Cycle Tracy/Gary/Jerry Alternate
AM	10:30-11:00am Senior Cycle Doug					<p><i>North Royalton Family YMCA</i> www.clevelandymca.org NOTE: SCHEDULE SUBJECT TO CHANGE \$= Plus class (TW)=ages 10 and up Contact Denise Moore Wellness Coordinator dmoore@clevelandymca.org 440.230.93390X2530</p>	
PM	5:15-6:15pm Swim Team	6:00-6:50pm Power Cycle Denise 7:15-8:00pm Dryland/Swim Team Spin	5:15-6:15pm Swim Team	5:15-6:15pm Swim Team 6:30-7:20pm Power Cycle Chris			