



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MARCH GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING CLASSES</b>						
	5:40-6:10a <b>Bootcamp Express</b> Colleen		5:40-6:10a <b>Bootcamp Express</b> Colleen			
	6:15-7:00a <b>Y Cycle</b> Colleen		6:15-7:00a <b>Y Cycle</b> Colleen		8:30-9:20a <b>Cycle Bootcamp</b> Jessica	
9:00-9:50a <b>Bootcamp</b> Delinda	9:00-9:50a <b>Cardio Kickboxing</b> Jessica	9:00-9:40a <b>Body Sculpt</b> Adria		9:30-10:20a <b>HIIT/Tabata</b> Adria	9:30-10:20a <b>Kickboxing</b> Della	
10:00-10:30a <b>Interval Step</b> Mo		9:45-10:30a <b>Interval Step</b> Delinda	9:30-10:20 <b>Cardio/TRX</b> Laura	10:30-11:20 <b>W.O.W (plus)</b> Delinda	10:30-11:20a <b>Zumba</b> Denita	
10:30-11:20a <b>SilverSneakers Classic</b> Delinda	10:30-11:20a <b>SilverSneakers Circuit</b> Helmi	10:40-11:30a <b>Chair Yoga</b> Sharl	10:30-11:20a <b>SilverSneakers Circuit</b> Helmi	10:30-11:15a <b>SilverSneakers Classic</b> Mo		
<b>Located in Gym</b>	<b>Located in Gym</b>		<b>Located in Gym</b>			
10:40a-11:40a <b>Yogalates (Plus)</b> Sharl						
<b>EVENING CLASSES</b>						
	6:00-6:45p <b>PiYo</b> Jessica	5:45-6:15 <b>TRX Express</b> Jessica				
6:30 -7:20p <b>Power Y Cycle</b> Delinda	7:00-7:50 <b>Cardio/TRX</b> Jessica L. (fitness staff)	6:30-7:20p <b>Power Y Cycle</b> Adria	6:30-7:20p <b>Cardio Kickboxing</b> Della			
			7:30-8:20p <b>Yoga (Plus)</b> Brittany			
						<p style="text-align: center;"><b>Group Exercise Etiquette</b></p> <ul style="list-style-type: none"> <li>*Be on Time for class.</li> <li>*We recommend bringing shoes to change into-outside group exercise studio.</li> <li>*Wipe off equipment after use.</li> <li>*Please keep conversation to a minimum (not to disturb participants)</li> <li>*No cell phone usage during class.</li> <li>*Be aware of strong smelling scents (perfume, cologne and body odor)</li> </ul> <p style="text-align: center;"><b>Special Class</b> Zumba Gold March 15<sup>th</sup>, 9:30</p>

West Park – Fairview Family YMCA  
15501 Lorain Avenue, Cleveland, OH, 44111  
P 216 941 5410 F 216 941 1351 clevelandymca.org

Plus Classes Registration Required and is fee based

\*Schedule is subject to change