



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Garrettsville Family YMCA | 8233 Park Avenue Garrettsville, OH 44231 | 330-469-2044

May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am (Morning)							
8:00am (Morning)	8:30 – 9:30 Advanced Chair Yoga Marianne-Rm 45	8:00-8:30 Boom (Move It) Lilian- Rm 45 8:30 – 9:20 Fitness after 50 Lilian-Rm 45	8:30 - 9:30 Restorative Yoga Marianne-Rm 45	8:00- 8:30 Boom (Mind/Body) Lilian-Rm 45 8:30 – 9:20 Fitness after 50 Lilian-Rm 45	8:30 – 9:30 Advanced Chair Yoga Marianne-Rm 45	8:15 – 9:05am Piyo Lilian- Rm 31	
9:00am (Morning)	9:30 – 10:30 Beginner Chair Yoga Marianne-Rm 31	9:30 – 10:20 Silver Sneakers Lilian – Rm 31 9:30 – Noon Pickle Ball Open Play	9:30- 10:15 Beginner Chair Yoga Marianne- Rm 31	9:30 – 10:20 Silver Sneakers Lilian-Rm 31 9:30 – Noon Pickle Ball Open Play	9:30 – 10:30 Beginner Chair Yoga Marianne-Rm 31		
5:00pm (Evening)							
6:00pm (Evening)	6:00 – 7:00 Yoga Lilian- Rm 45	6:00 – 6:50 HIIT Lilian- RM 45	6:00 – 6:50 Butts & Guts Lilian – Rm 31	6:00 – 6:50 Cardio Xtreme Lilian- Rm 45			
7:00pm (Evening)							

*CLASS LOCATIONS: WR: Weight Room in basement | Rm 31 – Room on second floor | Rm 48 – Room on third floor

*Schedule is subject to change