



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE (JUNE) – MORNING

Parker Hannifin Downtown YMCA | 1301 E. 9th St., Cleveland, OH 44114 | 216-344-7700

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	6:00-6:50 Bootcamp Stephanie-GE*	6:00-6:50 Y Cycle Kara-CS*	6:00-6:50 Strength Train Together Ann Marie-GE* 6:00-6:50 Vinyasa (All Levels)-SMB* GiGi **Please note Wednesday 6:00 Y-Cycle has been removed**	6:30-7:20 Y Cycle Laura-CS*	6:00-6:50 Power Yoga GiGi-*SMB 6:00-6:45 Power Sculpt EXPRESS Stephanie-GE* 6:45-7:15 Balance & Core EXPRESS Laura-GE*		
8:00am						8:30 – 9:30 Strength Train Together Ann Marie – GE*	
10:00am				10:00 -10:50 Silver Sneakers Circuit Judy- GE*	10:00 – 10:50 Silver Sneakers Classic Tristan – GE* NEW CLASS NEW INSTRUCTOR	10:00-10:50 Y-Cycle Leslie-CS* 10:00 -10:50 Zumba Brandi- GE*	10:15-11:05 Yogalates Deb-SMB* 10:30 -11:20 Zumba Brandi- GE*
11:00am	11:00-11:50 Chair Yoga Judi S- SMB*	11:00 – 11:50 Silver Sneakers Classic Mo – GE*	11:30-12:00 50 and Fit Mo – GE*	**Please note Thursday 11:00 Core Stretch Express has been removed**			11:15-12:05 Y-Cycle Deb-CS*

*CLASS LOCATIONS: GE – Oatey Company (Group Exercise Room) | CS – Applied Industrial Technologies Cycle Studio | SMB – Spirit Mind & Body Studio (Yoga/Pilates Studio) | FR- Functional Room

*Schedule is subject to change

** Revised 5/29/19

GROUP EXERCISE SCHEDULE (JUNE) - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00pm	12:00 – 12:50 Yoga For All Judi S – SMB* 12:00-12:50 HIIT Mike D-GE*	12:00-12:50 Bootcamp Mike D-GE* 12:00 – 12:50 Hatha Yoga Matthew– SMB* NEW INSTRUCTOR	12:00-12:50 Tabata Denise-GE* 12:00-12:50 Slow Flow Matthew-SMB* NEW INSTRUCTOR	12:15-1:05 Bootcamp Jill-GE* 12:30-1:20 Gentle Flow GiGi-SMB* NEW INSTRUCTOR	12:15-1:05 Row HIIT Jill-GE* 12:30-1:20 Vinyasa (WARM) GiGi- SMB*		
2:00pm						2:15-3:50 Deep Focus Yoga (WARM) Heather-SMB*	
5:00pm	5:30-6:20 Zumba Brandi-GE* 5:30-6:20pm Power Yoga (Hot) Heather-SMB* 5:30-6:20 Y-Cycle Judy F-CS*	5:30-6:20pm Vinvasa (ALL LEVELS) Matthew-SMB* 5:35-6:25 Water Aerobics Kenny	5:30-6:20pm Power Yoga (Hot) Heather-SMB* 5:30-6:20 Strength Train Together Stephanie-GE* 5:35-6:25 Water Aerobics Kenny	5:30-6:20 Slow Flow Heather-SMB* NEW INSTRUCTOR NEW NAME **Please note Thursday 5:30 Rhythm & Ride & has been removed** 5:35-6:25 Water Aerobics Judy F			
6:00pm	6:30-7:20 Strength Train Together Ann Marie – GE* 6:30-7:20 Ab Lab Judy F-CS* 6:30-7:20 Vinyasa Yoga (ALL LEVELS) Heather-SMB*	6:00-6:30 Kettle Bell Extreme EXPRESS Leslie-GE* 6:30-7:00 Ab Lab EXPRESS Leslie-GE*	6:30-7:20 Vinyasa Yoga (ALL LEVELS) Heather-SMB*	6:00-6:50 POUND® Ann Marie – GE* NEW NAME 6:30-7:20 Restorative/Deep Relaxation Yoga Heather-SMB*			
7:00pm	7:30-8:00 Yoga Lab (Warm) Heather- SMB*		7:30-8:00 Yoga Lab (Warm) Heather- SMB*	**Please note Thursday 7:30 Yoga Lab has been removed **			

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~Please arrive at least 5 minutes prior to class start time. Due to liability & safety, you will not be able to join a Strength Train Together or Cycling class once they have begun.

Thank you in advance for your consideration. Please contact Alex Polasky, Director of Member Impact, with any questions or concerns apolasky@clevelandmca.org