



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE (SEPTEMBER) – 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 | 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 | ** Pleas note Fit Body has been removed** | | | 10:00 -10:50 Silver Sneakers Circuit Judy– GE* | 10:00 – 10:50 Silver Sneakers Classic Tristan – GE* | 10:00-10:50 Y-Cycle Laura- 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* | | | | 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

LABOR DAY: September 2nd- Please see the Holiday GX Schedule for Labor Day Classes.

Y-Cycle is being integrated BACK for the Fall- Please note this class will ONLY be held on the following dates for September: 9/14 & 9/21.

*Schedule is subject to change

** Revised 8/20/19

GROUP EXERCISE SCHEDULE (SEPTEMBER) - EVENING

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---|--|--|--|---|--|--------|
| 12:00pm | 12:00 – 12:50 Yoga For All Judi S – SMB* 12:15-1:05 HIIT Mike D-GE* NEW TIME | 12:00 – 12:50 Hatha Yoga Matthew- SMB* 12:15-1:05 Bootcamp Mike D-GE* NEW TIME | 12:00-12:50 Tabata Denise-GE* 12:00-12:50 Slow Flow Matthew-SMB* | 12:15-1:05 Bootcamp Jill-GE* 12:30-1:20 Gentle Flow GiGi-SMB* | 12:00-12:45 Y- Cycle Tim- CS NEW CLASS 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 Vinyasa (ALL LEVELS) Matthew-SMB* 5:30-6:20 Y- Cycle Laura- CS NEW CLASS 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* 5:30-6:20 Y- Cycle Tim- CS NEW CLASS 5:35-6:25 Water Aerobics Judy F | | | |
| 6:00pm | 6:30-7:20 Strength Train Together Ann Marie – GE* 6:30-7:20 Vinyasa Yoga (ALL LEVELS) Heather-SMB* | 6:30-7:20 Balance, Core & Strength Laura- GE NEW CLASS | 6:30-7:20 Vinyasa Yoga (ALL LEVELS) Heather-SMB* | 6:00-6:50 POUND® Ann Marie – GE* 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* | | | | |

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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@clevelandymca.org~