



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREMIUM CLASS SCHEDULE – JUNE 2019

LAKEWOOD FAMILY YMCA | 16915 DETROIT AVENUE, LAKEWOOD, OH 44107 | 216-521-8400

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|--|
| MORNING | | | | | | |
| Yoga FEE Donna (CR) 8:30-9:20 AM | | | Senior WOW FEE Andrea (CR) 8:30-9:00 AM | | WOW FEE Laura (2 nd Floor) 8:00-8:50 AM | |
| WOW FEE Vicki (TRX Room) 9:00-9:50 AM | TRX FEE Jen/Ray (TRX Room) 9:15-10:05 AM | WOW FEE Vicki (TRX Room) 9:00-9:50 AM Power Yoga FEE Jacquelyn (CR) 9:45-10:40 AM | TRX FEE Jen/Ray (TRX Room) 9:15-10:05 AM | WOW FEE Vicki (TRX Room) 9:00-9:50 AM | Deep Stretch Yoga FEE Cindy (CR) 9:00-10:15 AM | |
| | Intro to TRX FEE Corey (TRX room) 10:30-11:20 AM | Tai Chi FEE Chris (GES) 11:30-12:20 AM | Intro to TRX FEE Corey (TRX room) 10:30-11:20 AM Gentle Yoga FEE Donna (GES) 11:30-12:20 PM | Yoga FEE Donna (CR) 10:30-11:20 AM | | |
| EVENING | | | | | | |
| Kids Strength FEE Tavia (CR) 6:45-7:30 PM | Pre-K Yoga FEE Shannon (CR) 6:15-6:50 PM | Kids Hip-Hop FEE Alicia (GES) 5:15-5:45 PM | | Kids Yoga FEE Shannon/Jaquelyn/ Emily (CR) 6:15-6:50 PM | | Yoga FEE Jacquelyn (GES) 12:30-1:20 PM |
| TRX FEE John (TRX Room) 6:00-6:50 PM | Shotokan Karate FEE Frank Graziano (CR) 7:00-8:00 PM | Yoga FEE Donna (CR) 6:10-7:05 PM CAOS FEE John (TRX Room) 6:00-6:50 PM | TRX Bootcamp FEE John (TRX Room) 6:00-6:50 PM Y Strength FEE John (TRX Room) 7:00-7:50 PM | | | |
| | Y Strength FEE John (TRX Room) 7:00-7:50 PM | Pilates FEE Deb (CR) 7:10-8:05 PM | Yoga FEE Cindy (CR) 6:00-6:50 PM Yogalates FEE Deb (CR) 7:00-7:50 PM | | | |

CLASS LOCATIONS: GES – Group Exercise Room | CR – Community Room | TRX – Multi-Purpose Room A

YELLOW classes have additional fees, on top of the monthly Premium Class fee

****Each class location is reserved for Premium Class use ONLY during the scheduled time****

