



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

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

September 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00am</b> (Morning)							
<b>8:00am</b> (Morning)	8:30 – 9:30 <b>Advanced Chair Yoga</b> Marianne-Rm 45	8:00-8:30 <b>Boom (Move It)</b> Lilian- Rm 31  8:30 – 9:20 <b>Fitness after 50</b> Lilian-Rm 31	8:30 - 9:30 <b>Restorative Yoga</b> Marianne-Rm 31	8:00- 8:30 <b>Boom (Mind/Body)</b> Lilian-Rm 31  8:30 – 9:20 <b>Fitness after 50</b> Lilian-Rm 31	8:30 – 9:30 <b>Advanced Chair Yoga</b> Marianne-Rm 45	8:15 – 9:05am <b>Piyo</b> Lilian- Rm 31	
<b>9:00am</b> (Morning)	9:30 – 10:30 <b>Beginner Chair Yoga</b> Marianne-Rm 31	9:30 – 10:20 <b>Silver Sneakers</b> Lilian – Rm 31  9:30 – Noon <b>Pickle Ball</b> Open Play	9:30- 10:30 <b>Stability Ball</b> Marianne- Rm 31	9:30 – 10:20 <b>Silver Sneakers</b> Lilian– Rm31  9:30 – Noon <b>Pickle Ball</b> Open Play	9:30 – 10:30 <b>Beginner Chair Yoga</b> Marianne-Rm 31	9:15 – 10:15am <b>Yoga</b> Michael- Rm 31  10:15- 11:15am <b>Spin Class</b> Michael- Rm 23	
<b>6:00pm</b> (Evening)	6:00 – 7:00 <b>Yoga</b> Marianne- Rm 31	6:00 – 6:50 <b>HIIT</b> Lilian- RM 31	6:00 – 6:50 <b>Butts &amp; Guts</b> Lilian – Rm 31	6:00 – 6:50 <b>HIIT</b> Lilian- RM 31			
<b>7:00pm</b> (Evening)	7:00 – 8:00 <b>Spin Class</b> Michael- Rm 23	7:00 – 7:50 <b>Piyo</b> Lilian – Rm 31	7:00 – 7:50 <b>Yoga</b> Lilian- Rm 31				
<b>8:00pm</b> (Evening)			7:00 – 8:00 <b>Spin Class</b> Michael- Rm 23				

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

\*Schedule is subject to change