



GROUP EXERCISE SCHEDULE - A.M.
GEAUGA FAMILY YMCA ~ SEPTEMBER 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--|--|---|---|---|--|
| 5:00a | | 5:40-6:30 Cycle Bootcamp Karen - Studio | | | 5:40-6:30 Bootcamp Beast Karen - Studio | | |
| 7:00a | | | | | | 7:15- 8:05 Y-Cycle Alternates - Studio | |
| 8:00a | | 8:30-9:30 Foundations of Yoga \$ Christine - MPR **NEW CLASS** | 8:30-9:30 Hatha Yoga \$ Julie - MPR **NEW DAY & TIME** | | 8:15-9:15 Power Yoga \$ Christine - MPR **NEW DAY & TIME** | 8:30-9:20 Water Aerobics Jan - Pool 8:30-9:20 Barre Sue - MPR 8:30-9:20 Kickboxing Nicole - Studio | |
| 9:00a | 9:00-9:50 Water Aerobics Carol - Pool 9:30-10:20 Live Fit Kim - Fitness Lobby | 9:00-9:50 Y-Cycle Melanie - Studio 9:00-9:50 Water Aerobics Amy - Pool 9:40-10:30 Silversneakers Yoga Christine - MPR | 9:00-9:50 Water Aerobics Joy - Pool | 9:00-10:00 Barre Sue - MPR 9:00-9:50 Y-Cycle Alternates - Studio 9:00-9:50 Water Aerobics Carol - Pool | 9:00-9:50 Water Aerobics Carol - Pool 9:30-10:15 Senior Cardio Grooves Mikayla - Studio 9:30-10:20 Senior Yoga w. Weights Christine - MPR **NEW DAY & TIME** 9:45-10:30 Family Bootcamp Beth - Gym **NEW CLASS** | | |
| 10:00a | 10:00-10:40 Senior Barre Sue - Studio 10:00-10:50 Arthritis Sister Rochelle - Pool | 10:00-10:50 Sculpt Melanie - Studio 10:40-11:30 Silversneakers Yoga Christine - MPR | 10:00-10:50 Arthritis Joy - Pool 10:00-10:50 Cardio Combo Melanie - Studio | 10:00-10:50 The Mix Alternates - Studio 10:10-11:00 Senior Yoga Alyssa - MPR | 10:00-10:50 Arthritis Sister Rochelle - Pool 10:30-11:00 Tai Chi Basics Express Steve - Studio | | 10:15-11:30 Slow Flow Yoga \$ Julie - Studio **NEW INSTRUCTOR** |
| 11:00a | 11:00-11:50 Senior Strength + Balance Sue - Gym 11:00-11:50 Aquacise Carol - Pool 11:10-12:00 Tai Chi \$ Steve - Studio | 11:00-11:50 Silversneakers Classic Melanie - Gym | 11:00-11:50 Silversneakers Cardio Melanie - Gym 11:00-11:50 Aquacise Amy - Pool | 11:10-12:00 Silversneakers Classic Alternates - Gym | 11:10-12:10 Qigong \$ Steve - Studio | | |



GROUP EXERCISE SCHEDULE - P.M.
GEAUGA FAMILY YMCA ~ SEPTEMBER 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|--|--|---|--|---|----------|--------|
| 12:00 p | | | | | 12:15-1:15 Tai Chi \$ Steve - Studio | | |
| 1:00p | | | | | | | |
| 2:00p | | | | | | | |
| 3:00p | | | | | | | |
| 4:00p | | | | CLOSED SESSION: LIVESTRONG - STUDIO 4:30-6:00 | | | |
| 5:00p | 5:15-6:05 POUND! Karin - Studio | 5:30-6:20 Cycle 360 Amy - Studio 5:30-6:30 Pre/Post Natal Yoga \$ Alyssa - MPR **NEW INSTRUCTOR** | | 5:30-6:30 Power Vinyasa Yoga \$ Kristen - MPR 5:30-6:30 Pre/Post Natal Water Aerobics \$ Carol - Pool | 5:30-6:15 Training & Techniques \$ (Ages 13+) Kevin - Pool | | |
| 6:00p | | | 6:00-6:50 Burn Nicole - Studio | | | | |
| 7:00p | | 7:00-7:50 Zumba Allie - Studio **NEW TIME & INSTRUCTOR** 7:15-8:05 Water Aerobics Jan - Pool | 7:15-8:00 Training & Techniques \$ (Ages 13+) Kevin - Pool | 7:00-7:50 Zumba Allie - Studio **NEW TIME & INSTRUCTOR* 7:15-8:05 Water Aerobics Jan - Pool | | | |

- ★ **NEW CLASSES OR CHANGES TO EXISTING CLASSES IN RED.**
- ★ **NO SYMBOL = UNLIMITED PARTICIPATION, NO REGISTRATION REQUIRED.**
- ★ **\$ = REGISTRATION REQUIRED FOR ALL; FEE FOR NON-PLUS MEMBERS.**
- ★ **MPR = Multi-Purpose Room; MGR = Multi-Gen Room**
- ★ **CHECK CLEVELANDYMCA.ORG OR THE Y APP FOR COURSE DESCRIPTIONS.**