



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SEPTEMBER 2019

## GROUP EXERCISE SCHEDULE – MORNING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00am</b>			7:45 – 8:30 <b>Tabata/Sculpt</b> Deb			
<b>8:00am</b>	8:45 – 9:45 <b>Fitness After 50</b> Mary	8:00 – 8:50 <b>Cycle/Sculpt</b> Deb	8:45 – 9:45 <b>Fitness After 50</b> Mary		8:45 – 9:45 <b>Fitness After 50</b> Mary	
<b>9:00am</b>						
<b>10:00am</b>	10:00 – 11:00 <b>Silver Sneakers Classic</b> Mary	10:00 – 10:45 <b>Silver Sneakers Boom Move</b> Amanda	10:00 – 11:00 <b>Silver Sneakers Classic</b> Mary	10:00 – 10:50 <b>NIA</b> Kathy	10:00 – 11:00 <b>Silver Sneakers Classic</b> Mary	10:00 – 10:45 <b>Silver Sneakers Boom Move</b> Amanda
<b>11:00am</b>		10:50 – 11:20 <b>Deep Stretch W/ Bands</b> Amanda		11:00 – 11:50 <b>Chair Yoga</b> Kathy		
<b>12:00pm</b>						

CHECK OUT THE SCHEDULE ON THE GREATER CLEVELAND YMCA APP



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# SEPTEMBER 2019

## GROUP EXERCISE SCHEDULE - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4:00pm</b>						
<b>5:00pm</b>	5:30 – 6:30 <b>Boot Camp</b> Amanda					
<b>6:00pm</b>	6:30 – 7:30 <b>Candlelight Yoga</b> Danielle	6:00 – 7:00 <b>Power Sculpt</b> Amanda	6:00 – 6:30 <b>30 minute Strong Core</b> Amanda  6:30 – 7:30 <b>Hi –Low</b> Amanda	6:00 - 7:00 <b>Power Sculpt</b> Amanda		
<b>7:00pm</b>						

The Vermilion Family YMCA: 1230 Beechview Drive Vermilion, OH 44089  
 Any Questions give us a call 440-967-4208 or email Aviana Lopez at [alopez@clevelandymca.org](mailto:alopez@clevelandymca.org)

**Hours of Operation**  
 Monday – Saturday: 7:45 am – 12:15 pm  
 Monday – Thursday: 4 pm – 8 pm

(6:30 pm Candlelight Yoga throughout September is part of the United We Sweat Campaign. This class will be free to the community throughout September even without a membership. )