



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – MORNING

Hillcrest Family YMCA | 5000 Mayfield Road Lyndhurst, OH 44124 | 216-382-4300

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	6:15-7:05 Y-Cycle Sarah-Cycle Room*		6:15-7:05 Y-Cycle Sarah-Cycle Room*		6:15-7:05 Y-Cycle Sarah-Cycle Room*		
7:00am							
8:00am	8:30-9:20 305 Fitness Tiarra-GX*	8:15 – 9:05 Fitness After 50 Ester- Gym*	8:30-9:20 Cardio Combo Jill- GX*/Outdoors	8:15 – 9:05 Fitness After 50 Ester- Gym*		8:15 – 9:00 Fitness After 50 Ester- Gym*	
9:00am			9:45-10:35 Zumba Esther-GX*	9:30-10:10 Kickboxing Combo Michelle S. – Outdoors*		8:30-9:20 Zumba Quanetta -GX* 9:45-10:35 Zumba Esther-GX*	
10:00am	10:00– 10:50 Silver Sneakers Classic Colleen – GX*	10:00– 10:50 Line Dance Anita – GX* Y		10:00– 10:50 Line Dance Anita – GX* Y	10:00 – 10:50 Silver Sneakers Yoga Stretch Anita- GX*		10:00-10:50am Y-Cycle Michelle- Outdoors*
11:00am	11:15 – 12:05 Silver Sneakers Yoga Stretch Colleen- GX* (starting 9/21) 11:30 start on 9/14		11:30-12:20 Silver Sneakers Classic Prince-GX*	11:00-11:50 Accessible Chair Yoga Judi- GX*		11:00-11:50 Y-Cycle Doug-GX* Sept. 5th & 19th	

*CLASS LOCATIONS: GX – Group Exercise Room | SG – Small Group | WR – Weight Room | GYM – Basketball Court
MPR- Multi-Purpose Room

Group Exercise Policies

- Pre-register for class the day before @ 216.382.4300 or via the web
https://app.appointmentking.com/scheduler_self_service.php?domid=237
- Follow arrows for entering and exiting
- Use marked Y-Spots to maintain social distancing
- Exercise equipment, EXCLUDING mats, prohibited
- Personal Items, bags, jackets prohibited
- There is a limit for group exercise classes
- Arrive no sooner than 10 minutes before class
- Please Clean your area before and after use
- When class is over please exit room and follow arrows and flow of traffic

September 2020



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GROUP EXERCISE SCHEDULE - EVENING

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00pm	12:15-1:05 EnerChi Colleen-Gx*			12:15- 1:00 Hawaiian Hula Donna - GX*			
1:00pm			1:00-1:50 Polynesian Dance Donna - GX*				
2:00pm				2:00-2:50 Belly Dance Donna - GX*			
3:00pm							
4:00pm							
5:00pm			5:00-5:45pm Strike a Balance Sarah-GX*				
6:00pm	6:00-6:50 Y-Cycle Doug-GX*	6:30-7:10 Line Dance Gigi - GX*	6:00-6:50 Y-Cycle Doug-GX*	5:30-6:20 Y-Cycle Combo Stacey-GX*			
7:00pm				7:00 - 7:50 Zumba Miriam- GX*			
8:00pm							

* CLASS LOCATIONS: GX – Group Exercise Room | SG – Small Group | WR – Weight Room | GYM – Basketball Court
MPR- Multi-Purpose Room| CR- Conference Room

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September 2020