



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING CLASSES						
	5:40-6:10a Boot Camp Express Colleen		5:40-6:10a Boot Camp Express Colleen			
	6:15-7:00a Y Cycle Colleen		6:15-7:00a Y Cycle Colleen		8:30-9:20a Cycle Jessica	
9:00-9:50a Get Fit Intervals Delinda		9:00-9:45a Body Sculpt Adria		9:30-10:20a HIIT/Tabata Adria	9:30-10:20a Kickboxing Della	
10:00-10:30a Stretch & Core Mo		9:45-10:30a Step Delinda	9:30-10:20 Cardio/TRX Laura		10:30-11:20a Zumba Denita	
10:30-11:20a SilverSneakers Classic Delinda	10:30-11:20a SliverSneakers Circuit Helmi Located in Gym	10:40-11:30a Chair Yoga Shari	10:30-11:20a SliverSneakers Circuit Helmi Located in Gym	10:30-11:15a SilverSneakers Classic Mo		
EVENING CLASSES						
	6:00-6:45p PiYo Jessica	6:15-6:45p Y Cycle Express Adria	5:30-6:30 THE REAL YOU (PLUS) Delinda		Group Exercise Etiquette *Be on Time for class. *We recommend bringing shoes to change into-outside group exercise studio. *Wipe off equipment after use. *Please keep conversation to a minimum (not to disturb participants) *No cell phone usage during class.	
6:30 -7:20p Power Y Cycle Delinda			6:30-7:20p Cardio Kickboxing Della			
7:30-8:20 Total Body Sculpt Delinda		7:00-7:45 HIIT/TABATA Adria	7:30-8:20p Yoga (Plus) Kim			

West Park – Fairview Family YMCA
15501 Lorain Avenue, Cleveland, OH, 44111
P 216 941 5410 F 216 941 1351 clevelandymca.org

Plus Classes Registration Required and is fee based

*Schedule is subject to change

