



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE – MORNING

Vermilion Family YMCA | 320 Aldrich Rd. Vermilion, OH 44089 | 440-967-4208

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00am</b>							
<b>7:00am</b>							
<b>8:00am</b>	8:00 – 8:50 <b>Cycle Sculpt</b> Michelle – CS*  8:45 – 9:45 <b>Fitness After 50</b> Mary – MSB*	8:00 – 9:30 <b>BOOM - Muscle</b> Michelle – CC*  8:30 – 9:00 <b>BOOM - Mind</b> Michelle – CC*	8:00 – 8:50 <b>Bootcamp</b> Michelle – CC*  8:45 – 9:45 <b>Fitness After 50</b> Mary – MSB*		8:45 – 9:45 <b>Fitness After 50</b> Mary – MSB*		
<b>9:00am</b>				9:00 – 9:45 <b>Toning with Dumbbells</b> Augie – CC*			
<b>10:00am</b>	10:00 – 11:00 <b>Silver Sneakers Classic</b> Mary – CC*		10:00 – 11:00 <b>SilverSneakers Classic</b> Mary – CC*	10:00 – 10:50 <b>NIA</b> Kathy – CC*	10:00 – 11:00 <b>Silver Sneakers Classic</b> Mary – CC*		
<b>11:00am</b>				11:00 – 11:50 <b>Chair Yoga</b> Kathy – CC*			
<b>12:00pm</b>							

\*CLASS LOCATIONS: CC – Community Center | CS – Cycle Studio | SBMS – Spirit, Body & Mind Studio (rm 117)

\*Schedule is subject to change



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# GROUP EXERCISE SCHEDULE - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3:00pm</b>							
<b>4:00pm</b>							
<b>5:00pm</b>	5:30 – 6:20 <b>Tabata/Sculpt</b> Deb – SBMS*						
<b>6:00pm</b>	6:30 – 7:20 <b>POUND</b> Augie – CS*	6:00 – 6:50 <b>BARRE</b> Michelle – CC*	6:00 – 6:50 <b>Cycle/Strength</b> Deb – CS*				
<b>7:00pm</b>				7:00 – 8:00 <b>Beginner's Yoga</b> Danielle – SBMS*			
<b>8:00pm</b>							

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NOTES: