



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# MARCH 2018

## GROUP EXERCISE SCHEDULE – MORNING

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00am</b>						
<b>7:00am</b>	7:30 – 8:20 <b>Cycle Sculpt</b> Michelle – CS*		7:30 – 8:20 <b>Bootcamp</b> Michelle – CC*			
<b>8:00am</b>	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*	8:45 – 9:45 <b>Fitness After 50</b> Mary – MSB*		8:00 – 8:50 <b>Cycle/Power</b> Sherri M – CS*  8:45 – 9:45 <b>Fitness After 50</b> Mary – MSB*	8:00 – 8:50 <b>Y – Cycle</b> Michelle – CS*
<b>9:00am</b>				9:00 – 9:45 <b>Toning with Dumbbells</b> Augie – CC*		9:00 – 9:50 <b>Zumba®</b> Augie – CC*
<b>10:00am</b>	10:00 – 11:00 <b>Silver Sneakers Classic</b> Mary – CC*		10:00 – 11:00 <b>Silver Sneakers 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

\*Schedule is subject to change



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## GROUP EXERCISE SCHEDULE - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3:00pm</b>						
<b>4:00pm</b>						
<b>5:00pm</b>	5:30 – 6:20 <b>Tabata/Sculpt</b> Deb – SBMS*	5:15 – 6:00 <b>Kids POUND</b> Augie – SBMS*	5:15 – 6:00 <b>Kids Bootcamp</b> Augie – SBMS*			
<b>6:00pm</b>		6:00 – 6:50 <b>BARRE</b> Michelle – CC*	6:00 – 6:50 <b>Cycle/Strength</b> Deb – CS*	6:00 – 6:50 <b>POUND</b> Augie – CC*		
<b>7:00pm</b>				7:00 – 8:00 <b>Yoga</b> Danielle – SBMS*		
<b>8:00pm</b>						

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

\*Schedule is subject to change

Vermilion YMCA Facility Hours:

Monday/Wednesday/Friday: 6:00am – 9:00pm

Tuesday/Thursday: 7:00am – 9:00pm

Saturday: 7:30am – 3:00pm