



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE – MORNING

West Park Family YMCA | 15501 Lorain Road Cleveland, OH 44111 | 216-941-5410

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am		5:40-6:10a Bootcamp Express Colleen-GE*		5:40-6:10a Bootcamp Express Colleen-GE*			
6:00am		6:15-7:00a Y Cycle Colleen-GE*		6:15-7:00a Y Cycle Colleen-GE*			
7:00am							
8:00am			8:30-9:20a Body Sculpt Adria-GE*		8:30-9:20a HIIT/Tabata Adria - GE*	8:00-8:50a Cycle Bootcamp Jessica-GE* 8:50-9:20a PiYo Live Express Jessica-GE*	
9:00am	9:00-9:50a Bootcamp Delinda/Emily-GE*	9:30-10:20a Bootcamp Jessica-GE*	9:30-10:20a Fitness After 50 Delinda - GE*	9:30-10:20a Bootcamp Jessica-GE*	9:30-10:20a BOOM Mind/Muscle Jessica - GE*	9:30-10:20a Kickboxing Della-GE*	
10:00am	10:00-10:30a Interval Step Mo-GE* 10:30-11:20a SilverSneakers Classic Delinda - GE*	10:30-11:20a SliverSneakers Circuit Helmi - G**	10:30-11:20a Chair Yoga Shari-GE*	10:30-11:20a SliverSneakers Circuit Helmi - G**	10:30-11:15a SilverSneakers Classic Mo-GE*	10:30-11:20a Zumba Denita-GE*	
11:00am	11:30-12:20a Yogalates (Plus) Shari-GE*						
12:00pm							

*CLASS LOCATIONS: GE – Group Exercise Room | G - Gym | PT – Downstairs PT Room

*Schedule is subject to change



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GROUP EXERCISE SCHEDULE - EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm	6:30 -7:20p Power Y Cycle Delinda-GE*	6:00-6:50p PIYO Jessica-GE*	6:30-7:20p Power Y Cycle Adria-GE*	6:30-7:20p Cardio Kickboxing Della-GE*	6:30 – 7:30p The Real You (Fee) Delinda - GE*		
7:00pm	7:30 – 8:30p The Real You (Fee) Delinda - GE* 7:40 – 8:30p TRX (Plus) Tyler – PT*	7:30-8:20p Zumba Denita-GE*		7:30 – 8:20p Yoga (Plus) Brittany-GE*			
8:00pm							
9:00pm							

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NOTES: