



## North Royalton Family YMCA | August 9th - August 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Pool Lanes 1-8	6:30AM-7:00AM (Drop-In Swim)	6:30AM-7:00AM (Drop-In Swim)  1:00PM-3:00PM (Drop-In Swim)	6:30AM-7:00AM (Drop-In Swim)	6:30AM-7:00AM (Drop-In Swim)  1:00PM-3:00PM (Drop-In Swim)	6:30AM-7:00AM (Drop-In Swim)		
<b>Lap Swim</b> Pool Lanes 5-8	7:00AM-9:00AM (Drop-In Swim)	7:00AM-9:00AM (Drop-In Swim)	7:00AM-9:00AM (Drop-In Swim)	7:00AM-9:00AM (Drop-In Swim)	7:00AM-9:00AM (Drop-In Swim)		
<b>Lap Swim</b> Pool Lanes 1-5	10:00AM-8:00PM (Drop-In Swim)	9:00AM-1:00PM (Drop-In Swim)	10:00AM-8:00PM (Drop-In Swim)	9:00AM-1:00PM (Drop-In Swim)	10:30AM-12:00PM (Drop-In Swim)		
<b>Aqua Fit - Shallow Water</b> Pool	10:00AM-10:45AM (Aquatic Exercise Classes)				10:00AM-10:45AM (Aquatic Exercise Classes)		
<b>Arthritis Water Fitness</b> Pool	11:00AM-11:45AM (Aquatic Exercise Classes) <i>Kim</i>				11:00AM-11:45AM (Aquatic Exercise Classes) <i>Kim</i>		
<b>Family Swim</b> Pool Lanes 4-8	12:00PM-2:00PM (Drop-In Swim)		12:00PM-2:00PM (Drop-In Swim)		12:00PM-2:00PM (Drop-In Swim)  3:00PM-8:30PM (Drop-In Swim)	1:00PM-5:30PM (Drop-In Swim)	8:30AM-3:30PM (Drop-In Swim)
<b>Aqua Dance</b> Pool	2:00PM-2:45PM (Aquatic Exercise Classes) <i>Mary K.</i>		2:00PM-2:45PM (Aquatic Exercise Classes) <i>Mary K.</i>		2:00PM-2:45PM (Aquatic Exercise Classes) <i>Mary K.</i>		
<b>Swim Lessons</b> Pool Lanes 6-8 <a href="#">Register</a>	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)	5:00PM-8:00PM (Swim Lessons)			
<b>Lap Swim</b> Pool Lanes 1-8	8:00PM-8:30PM (Drop-In Swim)	8:00PM-8:30PM (Drop-In Swim)	8:00PM-8:30PM (Drop-In Swim)	8:00PM-8:30PM (Drop-In Swim)	8:00PM-8:30PM (Drop-In Swim)		
<b>The Real You Weight Loss Program® (Registration Required)</b> Spirit, Mind, Body Room		9:00AM-10:15AM (Weight Loss) <i>Kristie</i>		9:00AM-10:15AM (Weight Loss) <i>Kristie</i>			
<b>Stadium Boot Camp (Bring a Mat)</b> North Royalton High School Stadium		9:00AM-10:00AM (Group Exercise Classes) <i>Denise</i>		9:00AM-10:00AM (Group Exercise Classes) <i>Denise</i>			
<b>Aqua Fit - Deep Water</b> Pool		10:00AM-10:45AM (Aquatic Exercise Classes) <i>Kim</i>		10:00AM-10:45AM (Aquatic Exercise Classes) <i>Kim</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pure Strength (Bring a Mat)</b> Main Studio		10:00AM-10:50AM (Group Exercise Classes) <i>Sharon</i>	6:15AM-7:05AM (Group Exercise Classes) <i>Chris</i>				
<b>Aqua Boot Camp - Shallow Water</b> Pool		12:00PM-12:45PM (Aquatic Exercise Classes) <i>Doug</i>	10:15AM-11:00AM (Aquatic Exercise Classes) <i>Doug</i>	12:00PM-12:45PM (Aquatic Exercise Classes) <i>Doug</i>			
<b>Lap Swim</b> Pool Lanes 6-8		3:00PM-5:00PM (Drop-In Swim)		3:00PM-5:00PM (Drop-In Swim)			
<b>Lap Swim</b> Pool Lanes 6-8		3:00PM-5:00PM (Drop-In Swim)		3:00PM-5:00PM (Drop-In Swim)			
<b>Tai Chi Easy™</b> Spirit, Mind, Body Room				11:00AM-11:50AM (Group Exercise Classes) <i>Lynda</i>			
<b>SilverSneakers Circuit®</b> Main Studio				12:00PM-12:50PM (Group Exercise Classes) <i>Lynda</i>			
<b>Core (Bring a Mat)</b> Spirit, Mind, Body Room					9:30AM-10:00AM (Group Exercise Classes) <i>Denise</i>		
<b>Heavy Bag HIIT (Bring a Mat)</b> Main Studio						8:00AM-8:50AM (Group Exercise Classes) <i>Angie</i>	
<b>Lap Swim</b> Pool Lanes 1-4						9:00AM-5:30PM (Drop-In Swim)	8:30AM-3:30PM (Drop-In Swim)
<b>Swim Lessons</b> Pool Lanes 5-8 <a href="#">Register</a>						9:00AM-1:00PM (Swim Lessons)	