



North Royalton Family YMCA | March 4th - March 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio	6:15AM-7:05AM (Group Exercise Classes)		9:00AM-9:50AM (Group Exercise Classes) <i>Denise</i>	6:00PM-6:50PM (Group Exercise Classes) <i>Chris</i>	6:15AM-7:05AM (Group Exercise Classes) 9:00AM-9:50AM (Group Exercise Classes) <i>Denise</i>	9:00AM-9:50AM (Group Exercise Classes) <i>Chris</i>	
Cycle Cycle Studio	9:00AM-9:50AM (Group Exercise Classes) <i>Denise</i>						
Step Main Studio	9:00AM-9:50AM (Group Exercise Classes) <i>Sharon</i>			10:00AM-10:50AM (Group Exercise Classes) <i>Andi</i>			
PiYo® Spirit, Mind, Body	10:00AM-11:00AM (Yoga) <i>Kristie</i>						
Fitness After 50 Gym	11:00AM-11:50AM (Group Exercise Classes) <i>Chris L.</i>						
Tai Chi Spirit, Mind, Body Studio	12:30PM-1:20PM (Group Exercise Classes) <i>Chris S.</i>						
Les Mills Body Pump Main Studio	6:00PM-7:00PM (Group Exercise Classes) <i>Denise</i>		6:00PM-7:00PM (Group Exercise Classes) <i>Denise</i>				
Pure Strength Main Studio		6:15AM-7:05AM (Group Exercise Classes) <i>Chris</i> 10:00AM-10:50AM (Group Exercise Classes) <i>Sharon</i>					
Walk 15® Gym		10:00AM-10:50AM (Group Exercise Classes) <i>Chris</i>		10:00AM-10:50AM (Group Exercise Classes) <i>Chris</i>			
BOOM Muscle® Main Studio		11:00AM-11:30AM (Group Exercise Classes) <i>Val</i>					
Silver Sneakers Yoga Main Studio		11:40AM-12:25PM (Yoga) <i>Val</i>					

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Yoga Basics Spirit, Mind, Body		5:00PM-5:50PM (Yoga) <i>Sharon</i>					
Barre Main Studio		6:00PM-6:50PM (Group Exercise Classes) <i>Mary K.</i>			10:00AM-10:50AM (Group Exercise Classes) <i>Andi</i>		
Cardio Kickboxing Main Studio			9:00AM-9:50AM (Group Exercise Classes) <i>Kristie</i>				
SilverSneakers Yoga® Main Studio			11:00AM-11:50AM (Yoga) <i>Vicki</i>				
AOA Fitness & Strength Main Studio			12:00PM-12:50PM (Group Exercise Classes) <i>Vicki</i>				
Tabata Main Studio			5:00PM-5:50PM (Group Exercise Classes) <i>Amanda</i>				
Chair Yoga Spirit, Mind, Body				11:00AM-11:50AM (Yoga) <i>Vicki</i>			
BODYPUMP™ Main Studio				11:00AM-12:00PM (Group Exercise Classes) <i>Denise</i>		11:00AM-12:00PM (Group Exercise Classes) <i>Denise</i>	
Silver Sneakers Chair Yoga Spirit, Mind, Body Studio				12:10PM-1:00PM (Yoga) <i>Kristie</i>			
Pilates Spirit, Mind, Body Studio				5:00PM-6:00PM (Group Exercise Classes) <i>Sharon</i>			
TRX Circuit Spirit, Mind, Body Studio					11:00AM-11:50AM (Small Group and Specialty Training) <i>Denise</i>		
Silver Sneakers Classic Main Studio					11:00AM-11:50AM (Group Exercise Classes) <i>Vicki</i>		
Fitness After 50 Main Studio					12:00PM-12:50PM (Group Exercise Classes) <i>Mary K.</i>		
Yoga Flow Main Studio						8:00AM-8:50AM (Yoga) <i>Rachel</i>	
Tabata 30min Main Studio						10:00AM-10:30AM (Group Exercise Classes) <i>Denise</i>	

