



Warrensville Heights Family YMCA | March 11th - March 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Aerobics Pool	9:30AM-10:20AM (Aquatic Exercise Classes) <i>Yvonne</i>		9:30AM-10:20AM (Aquatic Exercise Classes) <i>Yvonne</i>		9:30AM-10:20AM (Aquatic Exercise Classes) <i>Yvonne</i>		
Aqua Tone Pool	10:30AM-11:20AM (Aquatic Exercise Classes) <i>Janice</i>	11:30AM-12:20PM (Aquatic Exercise Classes) <i>Marianna</i>	10:30AM-11:20AM (Aquatic Exercise Classes) <i>Janice</i>	11:30AM-12:20PM (Aquatic Exercise Classes) <i>Marianna</i>	10:30AM-11:20AM (Aquatic Exercise Classes) <i>Janice</i>		
Silver Sneakers Classic Group Exercise Studio	10:30AM-11:20AM (Group Exercise Classes) <i>Katina</i>	11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>	11:30AM-12:20PM (Group Exercise Classes) <i>Angela</i>				
Silver Sneakers Strength Group X Studio	11:30AM-12:20PM (Group Exercise Classes) <i>Katina</i>						
Arthritis Aerobics Pool	1:00PM-1:50PM (Aquatic Exercise Classes) <i>Charles</i>				1:00PM-1:50PM (Aquatic Exercise Classes) <i>Charles</i>		
Core Fusion Multi-Purpose Room	6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>						
Step Group X Studio	6:00PM-7:00PM (Group Exercise Classes) <i>Gail</i>						
Boom Move Group Exercise Studio		9:30AM-10:20AM (Group Exercise Classes) <i>Angela</i>		9:30AM-10:20AM (Group Exercise Classes) <i>Angela</i>			
Yoga Stretch Group X Studio		10:30AM-11:20AM (Yoga) <i>Angela</i>	9:30AM-10:20AM (Yoga) <i>Angela</i>	11:30AM-12:20PM (Yoga) <i>Angela</i>			
On The Ball Group X Studio		6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>					
Silver Sneakers Classic Group Exercise Studio			11:30AM-12:20AM (Group Exercise Classes) <i>Angela</i>				
Boot Camp Group X Studio			6:00PM-7:00PM (Group Exercise Classes) <i>Debra</i>				
Y-Cycle Cycle Studio			6:30PM-7:30PM (Group Exercise Classes) <i>Jessamyn</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mixx Group X Studio				6:00PM-7:00PM (Group Exercise Classes) <i>Gail</i>			
Yoga Multi-Purpose Room				6:00PM-7:00PM (Yoga) <i>Jessamyn</i>			
Yoga Group X Studio						9:00AM-9:50AM (Yoga) <i>Jessamyn</i>	
Cycle Express Cycle Studio						10:00AM-11:00AM (Group Exercise Classes) <i>Jessamyn</i>	
Dance Cardio Group X Studio						11:00AM-12:00PM (Group Exercise Classes) <i>Gail</i>	