



WEST SHORE FAMILY YMCA

JUNE GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES					
8:30-9:15am Zumba® Roula in the Studio			8:30-9:15am Zumba Roula in the Studio		8:30-10:00am Beginner Pickleball Gym – Half Court
	9:30-10:20am Pure Strength Michelle in the Studio		9:30-10:20am Pure Strength Max in the Studio		
10:00 – 10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneakers® Classic Rosie in the Gym 10:30- 11:20am Aqua Fit Michelle Pool	10:00 – 10:50am Fitness After 50 Rosie in the Gym	10:00-10:50am SilverSneakers Classic Erin in the Gym	10:00-10:50am BOOM® Combo Erin in the Gym	10:00-10:50am Chair Yoga Sarah in the Studio
11:30-12:00pm Arthritis↓ Balance↑ Education Erin See note on back	11:00-11:50am Chair Yoga Wendy in the Studio	11:00-12:00pm Blood Pressure Self-Monitoring Program Erin See note on back		11:00-11:50am Tai Chi Easy Elizabeth in the Studio	11:00-11:30am Meditation Sarah in the Studio
12:00-12:45pm Arthritis↓ Balance↑ Walking Group On the track		12:00-12:45pm Arthritis↓ Balance↑ Walking Group On the track		12:00-12:45pm Arthritis↓ Balance↑ Walking Group On the track	
11:00-12:30pm Pickleball Gym – Full Court	11:00-12:30pm Pickleball Gym – Full Court	11:00-12:30pm Pickleball Gym – Full Court	11:00-12:30pm Pickleball Gym – Full Court	11:00-12:30pm Pickleball Gym – Full Court	
EVENING CLASSES					
	5:00-5:45pm Martial Arts – Beginner (fee) in the Gym 5:45-6:45pm Martial Arts – Advanced (fee) in the Gym	6:00-6:50pm Zumba Nicole in the Studio	5:00-5:45pm Martial Arts – Beginner (fee) in the Gym 5:45-6:45pm Martial Arts – Advanced (fee) in the Gym		
<p>Schedule may change due to special events. All changes are announced on the West Shore page of our website: clevelandymca.org</p>					

West Shore Family YMCA Class Descriptions

SilverSneakers Classic®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers.

Fitness After 50: This intermediate-level class has low-impact cardiovascular conditioning, muscular strength work, and flexibility exercises. Exercises are designed to improve balance, coordination, manual dexterity, and agility. Your heart, lungs, muscles, balance, and energy will all improve.

BOOM® Combo: Up your game with this combination class of BOOM Muscle with BOOM Move. This class will take you through several groups of exercises that focus on different muscle groups mixed with cardio consisting of simple dance moves and sequences providing a great workout and plenty of fun.

Zumba®: Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Add some Latin flavor and international zest into the mix, and you've got Zumba!

Chair Yoga: Chair yoga is a gentle practice that moves through yoga postures with the support of the chair, both seated and standing, breath work, and self-study to strengthen muscles, deepen flexibility, and create a healthy, vibrant, and confident lifestyle.

Pure Strength: This classic muscle building and conditioning class will upgrade your fitness with dumbbells, resistance bands, and body weight.

Tai Chi Easy: Tai Chi Easy™ is an approach to Tai Chi that makes it easy, beneficial and fun. The Tai Chi Easy™ methods are designed to improve the quality of life for people of all ages in a very simple, easy-to-learn way.

Pickleball: No pickles required! Join one of the fastest growing sport in the country. Pickleball is a combination of sports like badminton and tennis played with a solid paddle, a whiffle-type ball and a low net. It's a fun, easy-to-learn sport that is suitable for all ages and abilities.

Aqua Fit: Strengthen your body with low impact to your joints. This popular water aerobics workout is a blend of cardio and resistance training incorporating resistance tools such as buoyant water weights and noodles. No swimming skills are necessary.

Arthritis↓ Balance↑: 12 week program focusing on improving arthritis and increasing balance. Incorporates weekly educational sessions and a group walking component. See flyer for more details or to register reach out to Erin at etroy@clevelandymca.org

Blood Pressure Self-Monitoring Program: Work with trained Healthy Heart Ambassadors for a 4-month program that includes learning how to properly self-monitor your blood pressure with two personalized classes each month. You may join at any time. Don't delay – we have temporary grant funding to cover program fees for people who enroll now. To register reach out to Erin at etroy@clevelandymca.org