




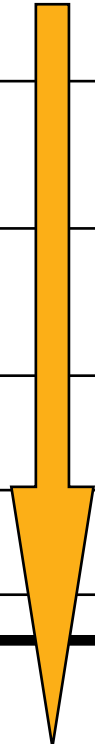


Parker Hannifin YMCA Group X Schedule Effective Monday July 1st

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00 AM		Cycle & Strength Sarah/Studio I	6:15 AM Yoga Mairghread Yoga Studio	Cycle & Core Sarah/Studio I	6:15 AM YogaFlow/Angela Yoga Room		
			8:00 AM Yoga Adrienne/Yoga Room			10:00AM Aqua Fit/Katina Pool		
	10:00 AM	Chair Yoga/Judi Yoga studio					9:00 AM Cycle Katia Studio I	
	11:00 AM	Classic Mat Pilates/Lisa Studio II		Pilates Plus/Lisa Studio II		Coming Soon! Total Body 360		
	11:00		Silver Sneakers Circuit Mo/ Fitness Floor	Silver Sneakers Circuit Mo/ Fitness Floor	Silver Sneakers Classic/Judy Studio I			
AFTERNOON	12:15 PM	Power Yoga/Queen Yoga Studio	Coming Soon, Stretch Roll and Restore	Power Yoga Queen Yoga Studio	Coming Soon! Stretch Roll and Restore			
	12:15 PM	Core & More LaShundra Studio I	BodyPump Stefanie/Studio I	Coming Soon Total Body 360!	BodyPump Express Stefanie 12 :15-1:00pm Studio I	Barre Burn LaShundra Studio II		2:30 PM Power Yoga/Queen Yoga Studio
	1:00 PM				BodyCombat Express 30min Studio I			
EVENING						<p>Total Body 360 and Stretch Roll and Restore are fee based small group training series.</p> <p>contact Iconner@clevelandymca.org for more information</p> <p>download our app YMCA360.org</p> <p>6:00PM NEW! Cycling with Doug Cycle Studio Starting July 12th</p>		
	5:30 PM	Coming Soon! ToTal Body 360!	Total Body Blast! Lisa Studio I	Barre Burn Lashundra Studio II	Total Body Blast! Lisa Studio I			
	5:45 PM		Aqua Fit Kenny/Pool		Aqua Fit Kenny/Pool			
	6:30 PM	BodyPump/Molly Studio I		BodyPump/Molly Studio I	Coming Soon! Total Body 360!			
	7:00 PM		Yin Yoga / Queen followed by Assisted Yoga at 8pm 25mins		Restorative Yoga/Queen followed by Assisted Yoga at 8pm 25mins			



★ =Fee based classes

Aqua Fit - Combo	Use both the shallow and deep ends of the pool in this class that focuses on cardiovascular fitness, muscular strength, core, and balance. Flotation equipment is provided
Barbell Strength	In this dynamic group weightlifting class, you use adjustable barbells loaded with weighted plates. The weightlifting routines are choreography to popular songs, making your workout as enjoyable as it is effective.
Barre	This unique class combines ballet, yoga, and Pilates into a low impact workout that increases flexibility and balance. This class incorporates light weights for an upper body workout
Total Body Blast	This dynamic class targets strength building and muscular endurance through the use of bodyweight and resistance equipment, aerobic intervals, plyometrics, and more.
Les Mills BodyPump™	This is the original barbell workout, using light to moderate weights and high reps to get you lean and toned. Powering through squats, presses, lifts and curls you'll work all your major muscles as you build strength and burn calories, getting fitter, faster
Les Mills BodyCombat™	BodyCombat is an empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, capoeira and kickboxing.
Core and More	This targeted workout is designed to challenge your core and lower body.
Cycle	This indoor cycling class will take you on a ride through the flat lands to the mountain tops. Come see why the popularity of cycling continues to endure. Since you control your own pace and resistance, you can make this work out as easy or as challenging as you desire.
Cycle & Core	You get the best of both worlds in this combo class that is half group cycling and half targeted core exercise performed on the floor.
Cycle & Strength	Get the best of both worlds! This class combines the benefits of group cycling for your heart and lungs and off-bike strength training to challenge your muscles.
Chair Yoga	Chair Yoga brings the best of a yoga practice to people who require or prefer the support of a chair. You will explore versions of twists, hip stretches, forward bends and mild backbends. The class helps participants stay healthy, vibrant and confident by focusing on developing small and large muscle groups, stretching, balancing (beside or behind the chair), and building strength.
Pilates	Pilates is a mat-based, full-body experience focused on the principles of core muscular strength, flexibility, breath control and proper body alignment to improve posture. Each class is different, but simple choreography makes this class accessible to both beginners and to those who exercise regularly.
Pilates Plus	In this intermediate-level class, you use props to simulate a Pilates workout that would be done on a reformer, Wunda Chair, and Cadillac. Previous Pilates experience is recommended.
Restorative Yoga	The soothing pace of Restorative Yoga is designed for people who are seeking relaxation, stress reduction or a deep stretch. Props are often used to support the body as focus is brought to specific areas, such as hips, pelvis and spine. Breath work, meditation and deep relaxation are parts of a gentle, restorative practice.
Yoga - Assisted	Assisted Yoga is a gentle hands-on technique applied by the Yoga instructor to the participant. It is designed to help enhance better understanding of alignment awareness, safety withing postures, and the deepening of muscle memory.
Power Yoga	Power Yoga is a fitness-based approach to Vinyasa-style flow. You will focus on linking your conscious breath with a vigorous and mindful flow. In a power yoga class, students build strength, flexibility, and cardiovascular health.
SilverSneakers Circuit®	In this more challenging SilverSneakers class, we combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work, using hand weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation in a comfortable position. This class is open to ALL YMCA members and suitable for intermediate level exercisers.
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. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers.