



Geauga Family YMCA

July 2024 Fitness Schedule

Land & Water Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Back-to-Back Cycle- 8:00am & 9:00am Jay - Studio					Cycle Jay - Studio	
9:00 am	Strength & Core (Stability) Lana - Gym Aquacise Dee - Pool	Pure Strength Melanie - Gym	Cardio & Strength Blast Jay -Gym Water Wild Card Melanie - Pool	Aquacise Dee - Pool Hi/Lo Cardio Cassie-Studio	Strength & Core (30m) Melanie - Gym 9:30am	Pop-Up Class Cassie & Jay Studio 7/6 BODYPUMP 7/13 Pure Strength 7/20 BODYPUMP 7/27 Pure Strength	
10:00 am	Silver Sneakers Yoga ® Sue - Gym Yoga Flow- MaryAnn Studio Aqua Jog Dee - Pool	New* Pilates Kathy-Gym Aqua Fit Melanie - Pool Les Mills BODYPUMP Cassie - Studio	Cycle & Core Melanie - Studio Boom Muscle Jay - Gym	Silver Sneakers Yoga ® Sue - Gym Sue Les Mills BODYPUMP Jay - Studio Aqua Jog Dee - Pool	Hatha Yoga Suzanne - Studio (10:15am) Cardio/Strength Blast Melanie - Gym	Pilates Kathy -Studio New* Guided Meditation Demo Melanie-MPR 7/27	
11:00 am	Senior Strength & Balance Sue - Gym	Silver Sneakers Classic ® Melanie - Gym	Silver Sneakers Circuit @ Melanie - Gym New* Teen Strength Training Lana-MGR Taijifit™ Tim - MPR	Silver Sneakers Classic ®	AOA Fitness & Strength Melanie-Gym		
5:30 pm	Pilates Kathy - MPR	Tread & Shred\$\$ Fitness Center-Lana	Barre Kathy-MPR		New* Yoga Demo JoAnn 7/12		
6:00 pm	Cardio & Strength Blast Jay - Studio		Les Mills BODYPUMP Cassie - Studio	Sunset Cycle Jay - Patio/Studio			
6:30 pm		Zumba® Bridgit - Studio		Zumba® Bridgit-MPR			
7:00pm		Aqua Fit Jan - Pool (6:45pm)		Aqua Fit Jan - Pool (6:45pm)			

New Classes in Red* Class Schedule is subject to change. Classes are 50 minutes unless stated otherwise. Classes w/\$\$ have a small cost.

Child Watch Hours
M - Sa: 8:30 am - 12:30 pm
M - Th: 4:00 pm - 8:00 pm