

# WELLNESS CLASSES

## GROUP EXERCISE STUDIO

**Monday:**  
10:30-11:20AM Classic (Katina)  
11:30AM-12:10PM Strength Basics Katina)  
6:00 – 7:00 PM Step (Gail)

**Tuesday:**  
9:30-10:20AM Boom (Angela)  
10:30-11:20AM Chair Yoga (Angela)  
11:30AM-12:20PM S.S. Classic (Angela)

**Wednesday:**  
9:30-10:20 AM Chair Yoga (Angela)  
10:30 AM-11:20 PM S.S. Classic (Angela)  
11:30 AM-12:45 ABC Arthritis

**Thursday:**  
9:30 -10:20AM Boom (Angela)  
10:30-11:20AM Classic (Angela)  
11:30 AM-12:20 Yoga Stretch (Angela)  
6:00- 7:00 PM Mixx (Gail)

**Friday:**  
6:00—7:00 PM Line Dance (Gigi)  
11:00 –11:50 AM Zumba ( Yvonne)

**Saturday:**  
9:00 -9:50 AM Yoga (Jessamyn)  
11:00 AM- 12:00 PM Dance Cardio (Gail)

## MULTIPURPOSE ROOM

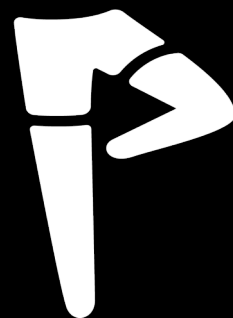
**Sunday:**  
HITT 9:00AM-10:30AM (Shondell)

**Tuesday:**  
9:30-10:20AM: Women On Weights & Core (Yvonne)  
6:00 -7:00PM On the Ball (Debra)

**Thursday:**  
9:30-10:20AM: Core & More (Yvonne)  
6:00—7:50PM: Yoga (Jessamyn)

## CYCLE STUDIO

**Tuesday:** IWall 5:00PM-6:00PM  
**Wednesday:** 6:30 PM-7:30PM Y-Cycle ( Jessamyn)  
**Thursday:** IWall 5:00PM-6:00PM  
**Saturday:** 10:00 AM-11:00 Cycle Express (Jessamyn)



## BRANCH HOURS

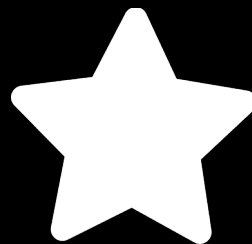
**Monday** 6:00am-9:00pm  
**Tuesday** 6:00am-9:00pm  
**Wednesday** 6:00am-9:00pm  
**Thursday** 6:00am-9:00pm  
**Friday** 6:00am-9:00pm  
**Saturday** 7:00am-4:00pm  
**Sunday** 8:00am-3:00pm

## HOLIDAY HOURS

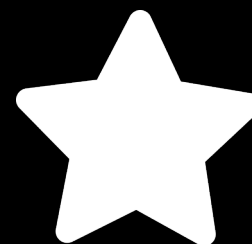
**Easter** CLOSED  
**Memorial Day** 7:00AM-1:00PM  
**4th of July** 7:00AM-1:00PM  
**Labor Day** 7:00AM-1:00PM  
**Thanksgiving** CLOSED  
**Christmas Eve** CLOSED  
**Christmas Day** CLOSED  
**New Years Eve** 8:00AM- 2:00PM  
**New Years Day** 8:00AM-2:00PM

## TOP 10 USERS OCTOBER 2024

Congratulations to the following individuals. They were the top 10 highest users in October of 2024!



Ahmad Ha  
Ahmad Ho.  
Ben G.  
Desiree W.  
Chris B.  
Justin G.  
Brenda W  
Marshall M  
Margaret W.  
Carolyn J.

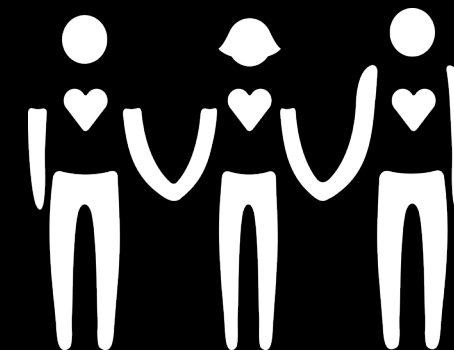


**Warrensville Heights  
Family YMCA**  
4433 Northfield Rd  
Warrensville Heights, Ohio 44128  
(216) 518-9622



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Program Schedule November 2024



**Warrensville Heights Family  
YMCA**

Putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

# AQUATICS CLASSES

## Monday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)  
 10:30 AM-11:20 AM Aqua Tone (Janice)  
 11:30 AM-12:20 PM Aquacise  
 1:00 PM - 1:50 PM Aqua Arthritis  
**6:30PM—7:30PM AQUA FIT \*\*New-Debra**

## Tuesday

11:30 AM-12:20 PM Aqua Tone

## Wednesday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)  
 10:30 AM- 11:30 AM Aqua Tone (Janice)  
 11:30 AM-12:20 PM Aquacise  
 1:00 PM - 1:50 PM Aqua Arthritis  
**6:30PM—7:30PM AQUA FIT \*\*New-Debra**

## Thursday

11:30 AM-12:20 PM Aqua Tone

## Friday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)  
 10:30 AM- 11:20 AM Aqua Tone (Janice)  
 11:30 AM-12:20 PM Aquacise  
 1:00 PM- 1:50 PM Aqua Arthritis

# POOL INFORMATION

## KEEPING YOU INFORMED...

Please remember that we take reservations for lap lanes up to 3 days in advance, if you do not pre-register, you are not guaranteed a spot in a lane.



**We are hiring lifeguards!**

CALL ON	RESERVE FOR
MONDAY	THURSDAY
TUESDAY	FRIDAY
WEDNESDAY	SATURDAY
THURSDAY	POOL CLOSED SUNDAY
FRIDAY	MONDAY
SATURDAY	TUESDAY
SUNDAY	WEDNESDAY

# SPORTS

## BASKETBALL

### Monday:

OPEN GYM 6:00AM—5:30PM

### Tuesday:

OPEN GYM 6:00AM—5:30PM

### Wednesday:

OPEN GYM 6:00AM— 5:30PM

### Thursday:

OPEN GYM 6:00AM— 5:30PM

### Friday:

OPEN GYM 6:00AM—5:30PM

### Saturday:

7:00AM—10:30 AM Open Gym

### Sunday:

8:00 AM—9:30 AM Open Gym



## CHEERLEADING

### Tuesdays

5:00PM - 7:00PM - Cycle studio  
 10/07-12/07

Cheerleading and Basketball League ( Junior Cavs ) are paid programs. Register online! Members enjoy a discounted rate for programs.

# CONTACT INFORMATION

**Michael Carter • Executive Director**  
 mcarter@clevelandymca.org

**J Scott Strickling • Senior Program Director**  
 jstrickling@clevelandymca.org

**Kerek Jenkins • Wellness Director**  
 kjenkins@clevelandymca.org

**Valentina Ron • Membership Director**  
 vron@clevelandymca.org

**Marlon Johnson • Behavioral Health Manager**  
 mjohnson@clevelandymca.org

**Www.clevelandymca.org**

**Download the YMCA 360 App for communications and alerts from the branch!**

# YOUTH & FAMILY ACTIVITIES

## CHILDWATCH

**Mondays, Tuesdays and Thursdays**

**6:00PM - 8:30PM**

**Saturdays**

**9:00AM-12:00M**



## ANNOUNCEMENTS

**Family Night Out HARVEST FEST**

**November 22nd 6:00PM**

**Senior Health Fair**

**November 12th 11:00AM**

## Young Queens Lifting Weights

09/13/24—This new class is designed for girls ages 13-19 to teach weight lifting techniques, safety tips and help boost confidence in the weight room. Create a safe and simple workout plan. Every Thursday from September 19—November 7 5:00PM- 6:00PM Register Now!

## URBAN BALLROOM DANCING IS BACK

Don't forget to register for this session! Non-Member \$50, Member \$25, Member Plus \$18.75, One Class \$10

## SWIMMING LESSONS UPCOMING SESSION

10/15/2024 - 2/22/2025

Member \$64, Non Member \$176, Youth Ages 0-17 \$80, Member Plus \$48 - 8 classes

For more information contact Joyce Tubbs  
[jtubbs@clevelandymca.org](mailto:jtubbs@clevelandymca.org)