



North Royalton Group Exercise Schedule

Main Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:15-7:05am Pure Strength Chris				8-8:50am Yoga Flow Rachel	
AM	9-9:50am Step Sharon	9-9:50am Zumba Dana GYM	9-9:50am Cardio Kickboxing Kristie	9-9:50am Zumba Dana GYM	9-9:50am Zumba Dana GYM	9-9:50am Zumba Suzanne	
Am	10-10:50am Zumba Suzanne	10:00-10:50am Walk-15 Chris GYM	10:00- 11:00am LesMills Core Denise	10:00-10:50am Walk-15 Chris GYM	10-10:50am Barre Andi.	10:00-11:00am Tabata/ LesMills Core Denise	10:15-11:05am Zumba Dana
AM		Pure Strength Sharon 10-10:50	11-11:50pm SilverSneakers Yoga Vicki GYM	10:00-10:50am Step Andi	11:00-11:50 SilverSneakers Classic Vicki	11:00-12:00pm LesMills BodyPump Denise	
AM	11-11:50am Fitness after 50 Chris L. GYM	11-11:30pm Boom Muscle Val		11-12:00pm LesMills BodyPump Denise			
		11:40-12:25pm Boom Mind Val		12:10-1:00pm SliverSneakers Yoga Kristie			
PM	5:00-5:50pm LesMills Core Denise	5-5:50pm Yoga Basics Sharon	12-12:50pm SilverSneakers Classic Vicki GYM	5:10-6:00pm Tabata Amanda	12 -12:50pm Fitness after 50 Mary K	Schedule Change Starting January 14th Body Balance will be in Spirit Mind Room Barre Will be in Main Studio	
PM	6:00-7:00pm LesMills BodyPump Denise	6-6:50pm Barre Mary K.		6-7:00pm LesMills Body Balance Molly			
PM	7:10-8:00pm Zumba Suzanne		6:00-7:00pm LesMills BodyPump Denise	7:10-8:00pm Zumba Suzanne		FYI There is a minimum of 5 members that need to run a group exercise class. If less than 5, class will be canceled.	

SPIRIT MIND BODY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	10:00-11:00am PIYO Kristie						
AM				11-11:50am Chair Yoga Vicki	10-10:50am LesMills Core Denise		
AM	.						
PM	12:30-1:20pm Tai Chi Chris S.			5-5:50pm Pilates Sharon			
PM		6-7:00pm LesMills Body Balance Molly		6:30-7:20pm Yoga for Healthy Hips & Spine Lauren			

Cycle Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6:15-7:05am Cycle Jerry				6:15-7:05am Cycle Chris		
AM	9-9:50am Cycle Denise M	10-10:50am Cycle Gary	9-9:50am Cycle Denise M	10-10:50am Cycle Martha	9-9:50am Cycle Denise M	9-9:50am Cycle Chris	
AM						North Royalton Family YMCA www.clevelandymca.org NOTE: SCHEDULE SUBJECT TO CHANGE \$= Plus class Contact Denise Moore Wellness Coordinator dmoores@clevelandymca.org 440.230.9339	
PM				6-6:50pm Cycle Chris			

Updated 1/7/2025-Schedule subject to change.